

1 in 5

Canadians will experience a mental health or addiction problem.



Healthy Relationships Healthy Communities

PUBLIC AWARENESS PAGE

OYEN & DISTRICT SUPPORT SERVICES

LOCAL & REGIONAL

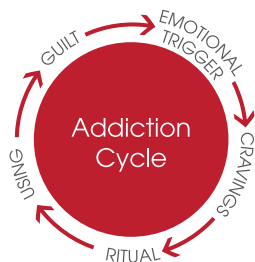
RCMP/Fire/Ambulance.....	911
Big Country Victim Services.....	403-823-4233
Oyen Hospital.....	403-664-4300
Oyen Medical Clinic.....	403-664-3577
Oyen FCSS.....	403-664-2255
AA/AL-ANON.....	403-664-2255
Church Partners.....	403-664-9266
Oyen Community Health Services.....	403-664-3651
Oyen Food Bank.....	403-664-3965
Oyen AHS Mental Health/ Addictions Services.....	403-529-3500
West Central Crisis Centre.....	306-463-6655
Hanna AHS Addictions.....	403-820-7863
Hanna Mental Health Services.....	403-854-5276

24HR. HELP LINE

Addictions Help Line	1-866-332-2322
Distress Center Crisis Line.....	403-266-4357
Mental Health Help Line.....	1-877-303-2642
Suicide Prevention.....	1-800-784-2433
Family Violence.....	310-1818

For more information visit

oyenfcss.ca



ADDICTIONS

An addiction is defined as something that is hard to stop even though it is interfering with your life. You can be addicted to substances such as alcohol or drugs, or to activities such as eating, gambling, shopping, video games, or sex.

I NEED HELP

It is important to note that although someone with an addiction has the power and ability to recover, addiction is very difficult to stop without support, care and/or treatment. Seek support. Addiction is never someone's "fault", it is not a character flaw or weakness.

SIGNS & SYMPTOMS:

- You have an intense desire or need for a substance
- The substance or activity becomes the most important thing in your life
- You continue to use the substance or participate in the activity despite the harm it is causing you (e.g., financial, work, health, or family problems)

FACTORS THAT CAN CONTRIBUTE TO ADDICTION

- Childhood trauma, abuse or loss of a loved one
- Attempt to escape one's problems, stress, or pain
- Low self-esteem and insecurity;
- Social isolation may cause use of a substance to obtain the feeling of social connection

If you think you might have an issue with addiction, make an appointment with your doctor or with an addiction counsellor so you can be properly assessed.

HELP A FRIEND

Helping a loved one struggling with an addiction can be very difficult. But in the long run, denying it or minimizing it, will be more damaging to you & to them.

HOW TO HELP:

- Speak Up and Offer Your Support
- Express Love and Concern
- Don't Expect the Person to Stop Without Help
- Don't Preach: Don't Lecture, Threaten, Bribe, Preach or Moralize

CODEPENDENCY

Codependency is characterized by someone who tries to control or enable another's addictive behaviour. (ie, making excuses for your partner's binge drinking). If you find yourself making a lot of sacrifices for someone else's happiness, but don't get much in return, you might be in a codependent relationship. Help is available.

Call 403-529-3500 to set up an appointment with an AHS Addictions Counsellor to start the journey to recovery and healthy relationships.

Support is a simple click away www.oyenfcss.ca