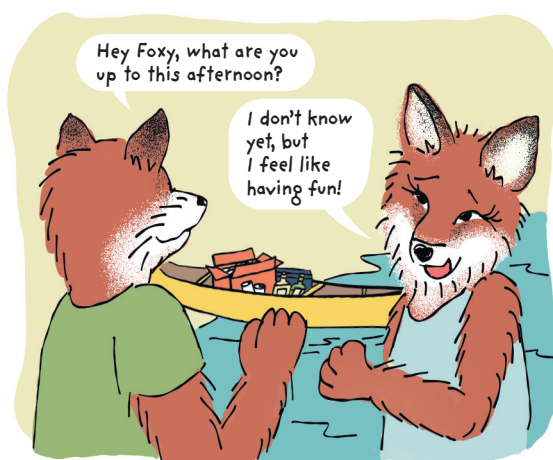
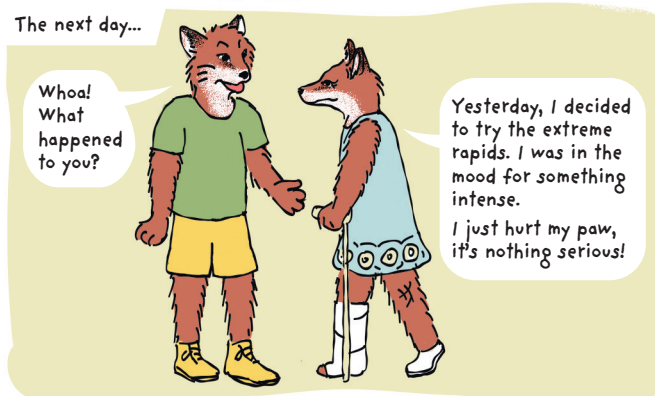


How does a person develop a substance use problem?



The next day...



A few days later...



And the days after that...



Addiction



Some people use substances to...

- Have fun.
- Relax, sleep.
- Wake up, focus.
- Boost their self-confidence.
- Fit in or by habit.

Some people also use substances to...

- Forget and escape their problems.
- Suppress their feelings.
- Avoid boredom.
- Numb trauma and its impacts.

Substance use is considered high-risk when...

- A person uses frequently or uses large quantities.

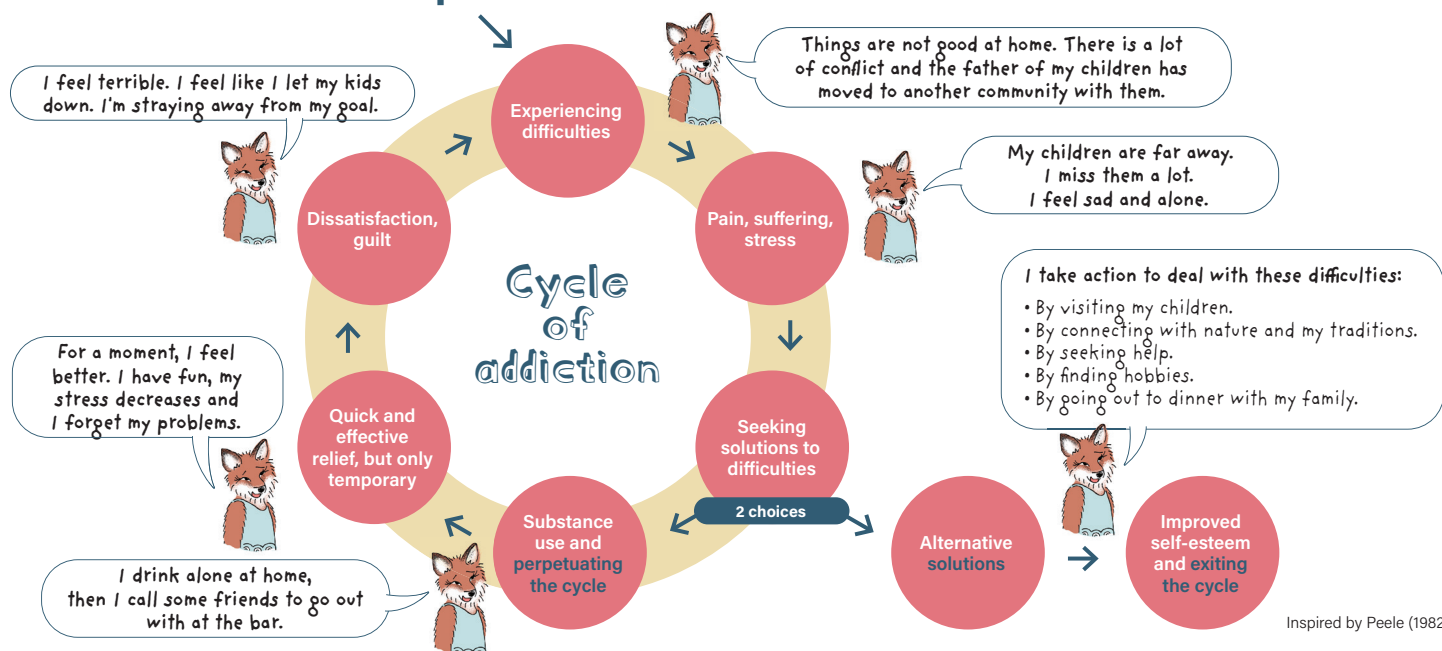
Substance use is considered problematic when...

- It has negative consequences in many areas of a person's life: physical, mental, spiritual, relational, family, occupational (work/school).

Addiction is when...

- A person can't stop using substances without experiencing psychological (anxiety, fear, aggressiveness, sadness) or physical (headache, fatigue, shaking) discomfort.

How does addiction develop?



Inspired by Peele (1982)

Dealing with a loved one who has substance use problems is difficult. However, you don't have to go through this alone. Help is available for you and your loved one.

This project is a work of co-construction involving several people from various Indigenous nations and organizations. The comic book format, the stories and the contents were chosen with the intention of supporting family and friends with compassion and empathy. Thanks to the family and friends of people experiencing addiction, to the students (Eden, Gloria, Kassandra and Marie-Pier), to the caregivers, to the First Nations of Quebec and Labrador Health and Social Services Commission, and to the Nunavik Regional Board of Health and Social Services.

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Original ideas: Ann-Catherine Choquette
Illustrations and graphic design: Patricia Carignan

Inspired by *Vivre avec un proche ayant une dépendance* (Plourde et Laventure, 2019), Bayard Canada.

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à Trois-Rivières

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Resources

Hope for Wellness Helpline
1 855 242-3310
hopeforwellness.ca

**Support group for the family and friends
of people affected by addiction**
al-anon.org/al-anon-meetings

Youth Helpline
1 800 668-6868
kidshelpphone.ca

**Referral line
about substance use**
1 800 265-2626
aidedroque.ca/en

**Health or addiction
rehabilitation center
near you**