



Toxic Drug Crisis Resources for South Asians

English

Free, confidential help is available.

When you seek health care, it will not affect your immigration or employment status. A health care provider who you trust can support and guide you with your personal health needs and goals. Getting help could save your life, or the life of a loved one.

1 Visit fraserhealth.ca/southasian for:

- Information and resources that can save your or your loved ones' life
- How to stay safer while using
- When your concerned about your loved ones' drug use



2 Fraser Health Virtual Care 1-800-314-0999

- Whether you are seeking harm reduction supplies, counseling, detox, treatment, or other medical care, nurse operators can help direct you to the appropriate programs and services.
- Interpreters are available in different languages.

Watch, Share and Learn

The videos explore topics like healthcare system navigation, reducing stigma, harm reduction, and tips on having difficult conversations with family, friends, and coworkers.

Share with your loved ones to help them understand the risks and resources available to them. You can also share this resource for discussion with your support groups, congregation, or larger community. The videos are in Punjabi, Hindi and Urdu.

