



International Overdose Awareness Day

prevention and remembrance



Time to remember loved ones and end overdose

Local communities in **Australia** and around the world are coming together on **31 August** to remember those who have died or suffered permanent injury due to drug overdose.

Observed on the 31st of August every year, International Overdose Awareness Day (IOAD) seeks to create better understanding of overdose, reduce the stigma of drug-related deaths, and create change that reduces the harms associated with drug use.

CYRENIAN HOUSE Alcohol and Other Drug Treatment Service will be hosting a morning memorial event for remembrance, overdose prevention and support.

CYRENIAN HOUSE 'IOAD' MEMORIAL GATHERING

8:30am MONDAY 31st AUGUST

HYDE PARK, NORTH PERTH at the Memorial Tree

(Glendowner St side of park, between Lake St and William St, please make contact for a map if require)

We invite community members to join us. Feel free to bring a flower or branch tribute to place under the magnolia tree. Information on our services, including support for significant others and anyone affected by the substance use by another person, will be available.

The event will conclude around 9am, with tea/coffee/biscuits and a chat available

By holding an event this year, CYRENIAN HOUSE are joining themselves to a global movement for understanding, compassion, and change.

In 2019, there were 874 IOAD events of all kinds, held in 39 countries.

People and communities came together to raise awareness of one of the world's most urgent public health crises – one that, unfortunately, is only getting worse.

According to the UN Office on Drugs and Crime's most recent World Annual Drug Report, 585,000 people around the world died as a result of drug use in 2017. It is an issue that impacts everyday people and everyday families.

<https://www.overdoseday.com/>



International Overdose Awareness Day

prevention and remembrance

Helpful information for community members:

An overdose means having more of a drug (or combination of drugs, including alcohol) than your body can cope with. There are a number of signs and symptoms that show someone has overdosed, and these differ with the type of drug used. All drugs can cause an overdose, including prescription medications prescribed by a doctor. It is important to know the right amount and the right time to take your medication. It is also vital to know what drugs should or should not be mixed, and to seek help if you feel you are not in control of your drug and/or alcohol use. Helpful fact sheets are available at:

<https://www.overdoseday.com/overdose-basics/>

Families and loved ones who are impacted by the drug and/or alcohol use of someone in their lives have their own journeys and equally need support. The experience can cause an immense amount of stress and conflict. It is completely normal to feel helpless, frustrated, worried and upset. You might not know how to talk to your loved one about what is happening for them and for yourself. Learning how to support yourself is often the one thing that a person can control at a time when they feel powerless over someone else's behaviour. Cyrenian House offers a variety of services, including individual counselling and group support groups for significant others who are impacted by the drug and/or alcohol use of someone in their life, whether that person is a family member, partner or friend. Cyrenian House also offers their consumers take-home Naloxone nasal spray which temporarily reverses opioid overdose. The kit is safe and easy for anyone to use when a person is in opioid overdose.

How to support yourself and/or others at the time of loss and grief of the overdose death of a loved one can be vital to navigating the bereavement journey.

Charl Van Wyk, a coordinator at Cyrenian House who has a history of bereavement support work reminds us that "there is life and hope after the loss of a significant other to overdose. Over time, wounds can heal through a journey of grief counselling and support. Opportunities for reflection and remembrance, such as International Overdose Awareness Day, greatly help in this process. It is especially important for family members and significant others that stigma around the issue of overdose is dispelled. It truly touches so many people's lives."

CYRENIAN HOUSE, 318 Fitzgerald Street, Perth. Ph: 9328 9200

enquiry@cyrenianhouse.com

www.cyrenianhouse.com

"International Overdose Awareness Day provides an opportunity for us to reflect on practical ways to prevent overdose in our community. Overdose is preventable.

<https://www.overdoseday.com/>