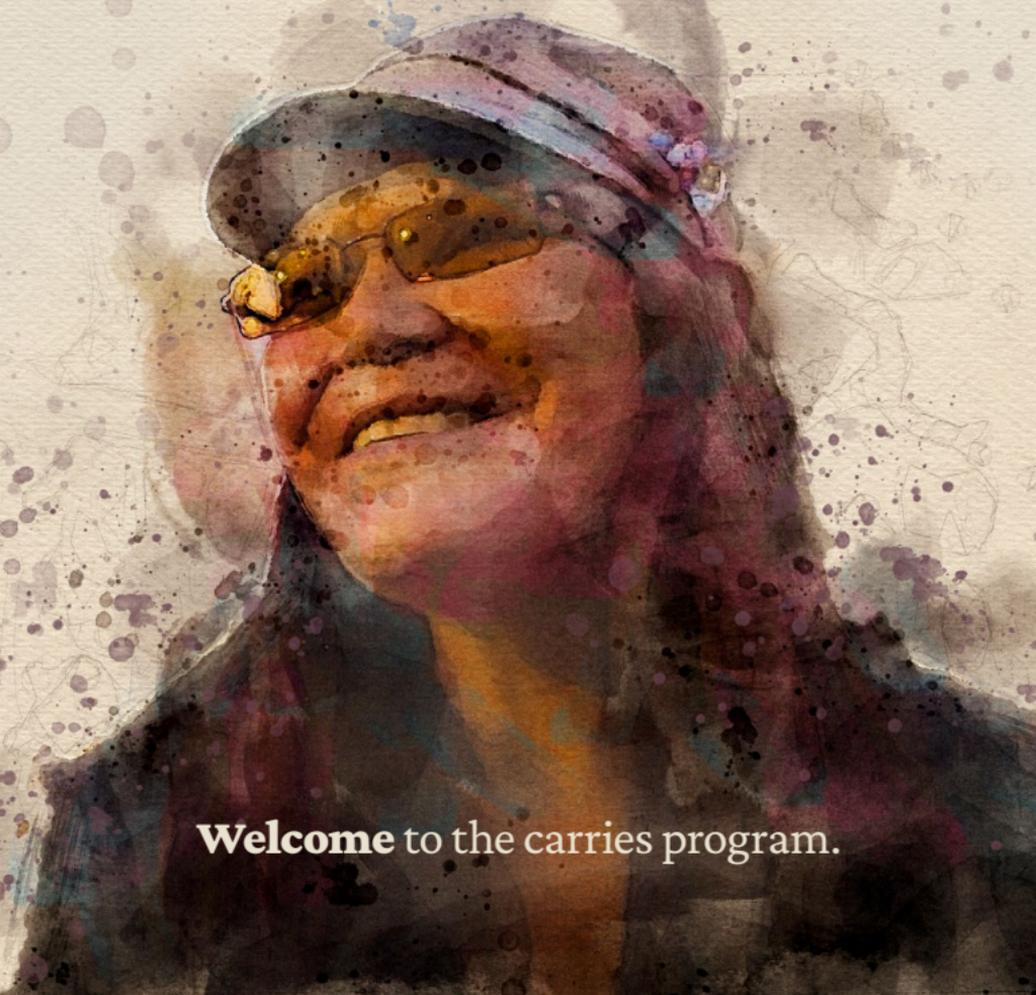


More **freedom.**

More **privacy.**

More **control** over your life.



Welcome to the carries program.

“Dare to **want** again. Dare to **reimagine** **hope** for the **future**.”

Congratulations for getting on the carries program! For most people, not being “chained to the clinic” can change their lives for the better. Carries allow you more freedom to do other things during the day, more privacy, and more control over your life. Carries can also keep you much safer in the context of a poisoned drug supply where you never know what you’re getting.

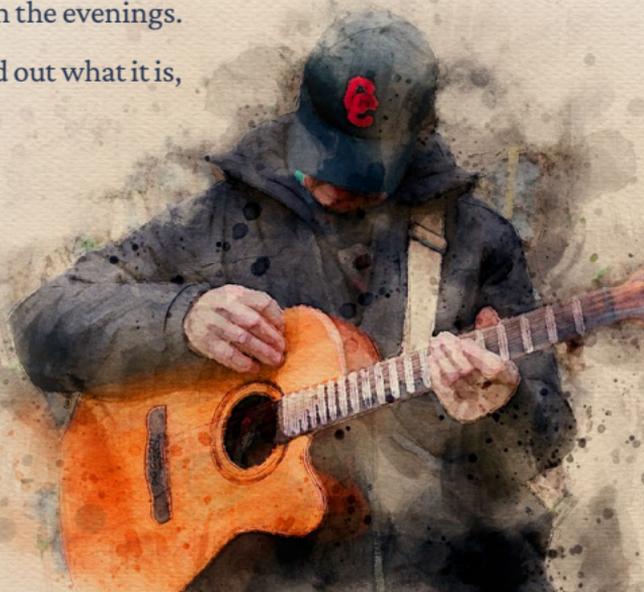
There’s still a long way to go for the program to be perfect, but it’s a great start in the journey towards care that meets people where they are. The following is a short “what to know” informed by some of the first people to ever be part of the carries program.



Find (re)connection to things that bring you joy.

(Re)connect to anything that was or is important to you! Whether that's people, activities, or places, having carries allows you more time to spend doing things that bring you joy, comfort, or calm.

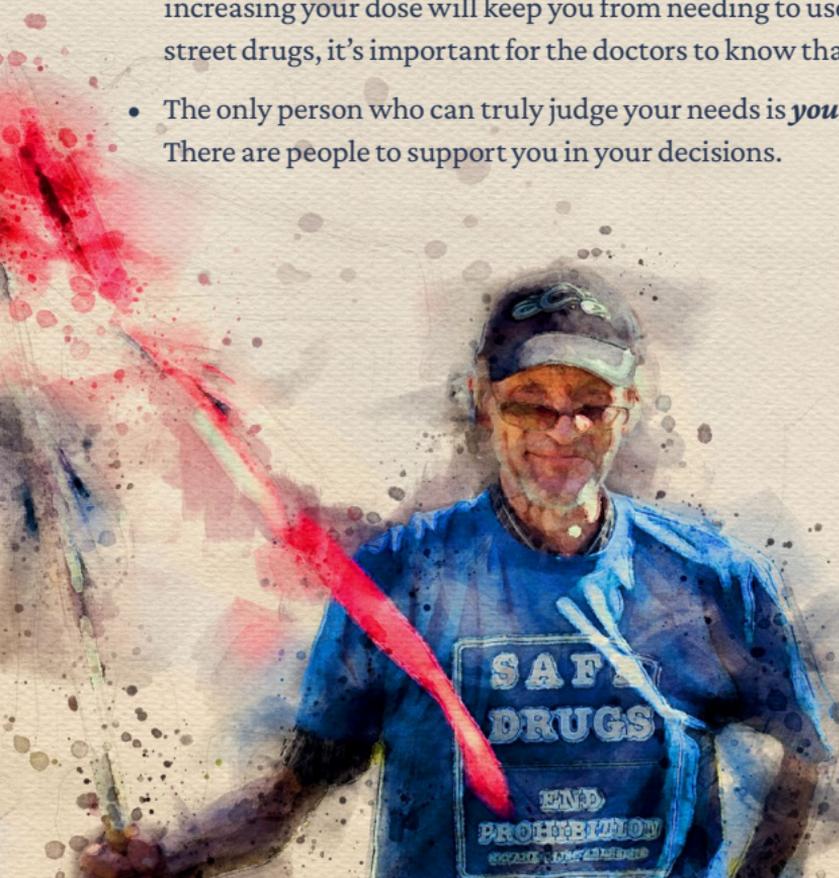
- Picking up an old or new hobby or activity (puzzles, art, reading, sports, going to different areas of the city or on day trips).
- Reaching out to family members or old friends or spending time with new friends or community members.
- Working daytime shifts at jobs to make money and relax in the evenings.
- “Whatever it is, find out what it is, and go for it.”



Make a self-care plan that works for you.

Talk to your prescriber about finding the right dose! It can take some trial and error, but don't be afraid to ask for an increase, or discuss if you think your dose is too high.

- This program is meant to work for **you**, and your needs and goals might be different than someone else's. If increasing your dose will keep you from needing to use street drugs, it's important for the doctors to know that!
- The only person who can truly judge your needs is **you**! There are people to support you in your decisions.



Other issues (mental or physical health issues, for example) can often come up once you've started carries because you have more time to deal with things.

- Get connected to a primary doctor if you're not already. They can help you with any health issues that might come up now that you have more time to focus on other things.

Stay connected to others in whatever way works for you.

- When you're on carries, you'll be seeing staff at your clinic a lot less. It's normal to miss this social interaction, and going on carries can cause isolation and lead to mental health problems!
- If you feel like isolation could be a problem for you, talk to the staff at your clinic. They can help you make a plan to stay in touch with them, a peer, or another person of your choosing. Sometimes it's helpful to have someone just listen.
- Maintain clean and hygienic environments when you take your dose at home. If you need any support or information about how to store or inject safely, see the Client Take-Home Guidance brochure.

Being on the carries program is nobody's business but your own.

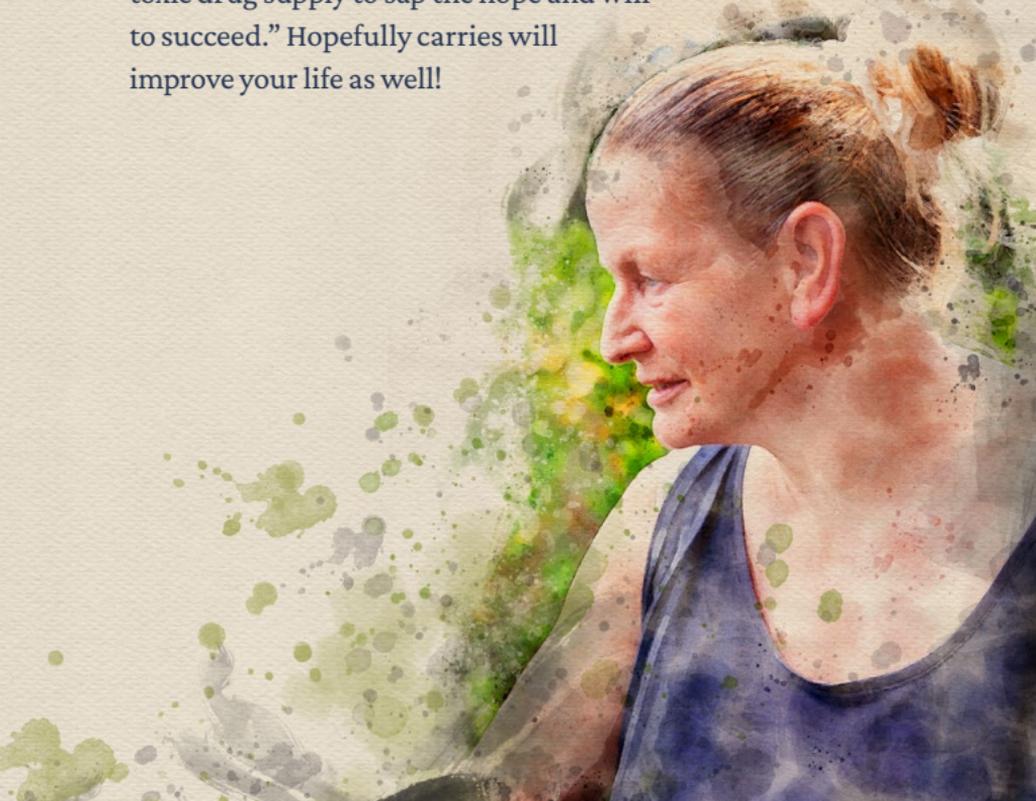
Don't share your prescription or information about your prescription with others.

Of course, those closest to you might know about your medications. However, it's super important to keep details to yourself. Although we don't want to be paranoid or create fear, we also want to stay as safe as possible for the program, the people around us, and ourselves.

- If you're worried about a loved one using poisoned street drugs and want to share your carries prescription with them to keep them safe, talk to your prescriber. It's better to try to get them on the program as well rather than to share your carries with anyone.
- Keep your carries in a locked place, hidden and out of reach. We don't want kids, pets, or other people finding our carries and ingesting them (either accidentally or on purpose).

There's still a long way to go in the journey towards expanding the carries program and advancing care options for people who use drugs. For example, longer prescriptions and community pharmacy pickup are two steps that would allow us to have the freedom to go on trips or work more versatile hours. However, the carries program is one step in the right direction and it's necessary to expand this program in the context of a poisoned drug supply.

One person on carries describes the program as getting them to “square zero”, or a more even starting point with everyone else—they continued to say, “there's nothing worse than a toxic drug supply to sap the hope and will to succeed.” Hopefully carries will improve your life as well!



**“With carries, I can plan day trips
with my sister and brother-in-law
whereas previously I had to attend
the clinic three times a day.”**

—Elwood



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