

Debunking the Myths Around Psychoactive Substance Use

What Are Psychoactive Substances?

Psychoactive substances are drugs that alter the state of consciousness. They affect perception, thought, feelings and actions.

The three main categories :

- Hallucinogens (cannabis, magic mushrooms, ecstasy)
- Depressants (opioids, alcohol, GHB, heroin)
- Stimulants (amphetamines, cocaine, methamphetamines)

Debunking Common Myths

Myth #1

Addiction is just a lack of willpower.



Reality

Addiction is a complex medical condition influenced by biological, psychological, and social factors.

Myth #2

Prescription meds aren't drugs.



Reality

Some prescribed medications can be addictive and require awareness around their use.

Myth #3

Indigenous people have a genetic vulnerability to drugs and alcohol.



Reality

This is not about genetics but rather socio-historical contexts and intergenerational trauma.

The Impact of Stigma

Stigma is one of the biggest barriers preventing substance users from seeking help. It can lead to social isolation, shame, and difficulty accessing support services.



Where to Find Support

- Native Friendship Centres: <https://www.rcaa.qc.ca/nous-joindre/>
- Helpline: 1-855-242-3310 (available 24/7)
- Info-Santé/Info-Social: dial 811

Seeking help is essential. Everyone deserves respectful, compassionate support — without judgment.



REGROUPEMENT
DES CENTRES D'AMITIÉ
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