

OVERDOSE **AWARENESS DAY**

Thursday December 10th

...a day to acknowledge individual loss and
raise awareness of overdose prevention



DIWRNOD

YMWYBYDDIAETH GORDDOS

Difiau Rhagfyr 10ed

.....diwrnod I gydnabod colled a chodi
ymwybyddiaeth o sut I osgoi gorddos.

We are inviting you to participate in Overdose Awareness Day. This year, on the 10th December, we will be remembering those who have died from having suffered overdose. The silver badge, which signifies the profound loss of someone cherished, will be available for anyone to wear, whether they wish to show their understanding or to offer condolences to those bearing the burden of grief, or, indeed, to signify their own grief.

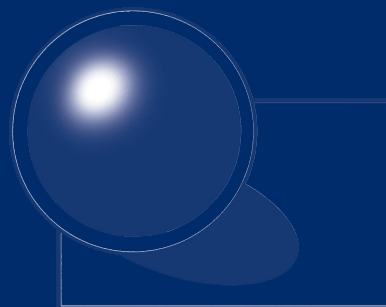
Overdose Awareness Day has a number of aims:

- It hopes to lay bare the stigma associated with drug use.
- To include overdoses that are heroin related, but also overdoses from alcohol, pills and other drugs.
- To provide an opportunity for people to publicly mourn for loved ones, some for the first time, without feeling guilt or shame.
- To provide an intense awareness campaign amongst drug users of the risk of overdose, prevention and response.
- To give community members, beyond the drug users, direct family and friends, information about the issue of overdose.
- To send a strong message to current and former drug users that they are valued.
- To stimulate discussion about overdose prevention and drug policy.
- To provide basic information on the range of support services that exists in the local community.
- To remind the drug user to be careful.

Gwahoddir chwi I gymryd rhan yn niwrnod ymwybyddiaeth gorddos. Ar Ragfyr 10ed fe fyddem yn coffau rhai sydd wedi collie u bywydau drwy orddos cyffuriau. Mae'r bathodyn arian yn coffau rhywun sydd wedi marw, ac gobeithir y byddech yn ei wisgo I goffau rhywun neu I ddangos ymwybyddiaeth, neu I gydymdeimlo a cholled rhywun arall.

Mae sawl amcan ir diwrnod:

- I herio stigma ynghlwm a defnyddio cyffuriau.
- I gynnwys gorddos heroin, ond alcohol, tabledi a chyffuriau eraill.
- Rhoi cyfle I unigolion alaru am annwyliaid, rhai am y tro cyntaf, heb deimol'n euog new a chywilydd.
- Addysgu defnyddwyr cyffuriau yng nglyn a gorddos, sut iw osgoi, a sut I ymateb.
- I addysgu pobl yng nglyn a gorddos
- Danfon neges gref I gamddefnyddwyr cyffuriau eu bod yn cael eu gwerthfawrogi.
- Annog trafodaeth am ddulliau ymatael gorddos a pholisiau cyffuriau.
- Hyrwyddo gwasanaethau cymorth.
- Atgoffa cam ddefnyddwyr cyffuriau



**For more Information Contact :
Swansea Drugs Project:
01792 472002**