***Overdosed.***

Tharshika Thangarasa, Usman Khan

The aim of this piece is to help highlight the stigma individuals with addictions often face within the medical system. We believe that it is fundamentally important that people consider the psychosocial factors that culminate in patients resorting to drugs and suicide as solutions. Before instinctually pointing fingers, and seeking to blame, one must at least try to appreciate the magnitude of the problem, and how it stretches beyond the individual. It is only then that we can even attempt to address the issues at hand.

***About the authors***

Tharshika Thangarasa is a daughter, sister, friend and third year medical student at the University of Ottawa. She loves playing with colours, art and writing in her leisure time. She is passionate about mental health and thankful to be career that provides endless inspiration for her creative work.

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