

- ✓ Stay safe while using drugs
- ✓ Know **available resources**

Harm reduction handout v3.0

Question Which are the top 3 items you would recommend to someone you care about who is using drugs?

Naloxone (THN)



These kits are freely available and can be used to reverse overdoses. Ask us for training or refills.



Lifeguard app



This app can be used while taking drugs and will call for help in event of an overdose.

<https://lifeguarddh.com/>



Drug use supplies



These are available in our clinic near the front desk. Needles, inhalation kits, etc. Take what you need.



Million dollar ???



Talk to us about this question. This helps our clinic team stay connected with you.



Pharma Alternatives



Safer alternatives to street opioids and stimulants are available by prescription.



Safe drug use tips



Talk to us about where on the body is safest to inject, and how to clean and prepare.



SCS



Supervised consumption sites offer a safe space for drug use. Ask us where you can find the nearest one.



Drug checking



Check that your supply is what you think it is. Fentanyl test strips also available.

<https://getyourdrugstested.com/>



Use a test dose



Don't start with a full dose when you get a new supply – use a smaller test dose.



OAT



Suboxone, methadone, and Kadian can prevent cravings and withdrawals, and reduce OD risk



Don't use alone



Most fatal overdoses happen when people use alone. Avoid this when possible.



Set goals



Talk to us about your goals related to substance use, or other health concerns.



Signs of infection



Talk to us about signs of skin infection that may require antibiotics, and how to prevent these.



Withdrawal



Talk to us about strategies for coping with withdrawal symptoms, including with medications.



Preparing your drugs



Wash your hands and prepare your own drugs for use.



Build your supports



Talk to us about building your support network. Resources include support and education for family or friends.



Good Samaritan
 Legal protection

The Good Samaritan Drug Overdose Act provides legal protections for people who call 911 related to overdose



Doctor on call



For urgent matters, you can call our clinic after closure to connect to our after-hours doctor on call phonenumber.



Crisis line



If you are in a crisis, you can call 1-800-SUICIDE (784.2433) at any time of the day or night.



Drug alerts



Text "alert" to 236-999-DOPE (3673) to get drug contamination alerts texted to your phone.



Safe disposal



Safely dispose of used supplies, using sharps containers and biohazard containers (available here)



Peer support groups



Talk to our team about groups available to you, no matter what your goals related to substance use are.



Infection screening



We offer tests for HIV, hepatitis A, hepatitis B, hepatitis C, syphilis, gonorrhea, and chlamydia.

