

HARM REDUCTION DURING COVID-19

Lambton Public Health

160 Exmouth Street
Monday - Friday
8:30 a.m. - 4:30 p.m.

HARM REDUCTION SUPPLIES

- NALOXONE KITS
- SHARPS CONTAINERS
- DISPOSAL

North Lambton CHC Outreach

Call or Text for Delivery
226-932-0473
Monday - Friday
8:30 a.m. - 4:30 p.m.

NALOXONE also available at most local pharmacies **FREE** of charge

OVERDOSE PREVENTION LINE

1-888-853-8542

Available 24/7

A peer volunteer will stay on the phone with you while you use drugs. They will ask a few basic questions about your location before you use, so they can call 911 in case of an emergency

TIPS TO PREVENTING OVERDOSE WHILE PHYSICAL DISTANCING

- Test your drug by using small amounts
- Have a friend on the phone (make sure they know where you are located)
- Ask a friend check in on you - have Naloxone available
- Call the Overdose Preventions line **1-888-853-8542** someone will stay on the phone when you use and they will call **911** if you overdose

ADDITIONAL SUPPORTS

Bluewater Health Mental Health
and Addictions Services
519-332-4673

Community Withdrawal Management Support
Monday to Sunday
8 a.m.- 8 p.m.
Residential Withdrawal Management is Open

Canadian Mental Health Association
Mental Health First Response Service
1-800-307-4319 available 24/7



Lambton
Public Health

Learn more at:
LambtonPublicHealth.ca