

HARM REDUCTION

Lambton Public Health

160 Exmouth Street

Monday - Friday

8:30 a.m. - 4:30 p.m.

519-383-8331

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

NATIONAL OVERDOSE RESPONSE SERVICE

1-888-688-6677

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

- 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 National Overdose Response Service 1-888-688-6677 and 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