



# What is Harm Reduction?

Harm reduction is based on the idea that some behaviours have risks, but there are ways to reduce those risks and make things safer for people who choose to take part in them. Some examples of harm reduction approaches are wearing a seatbelt, using a helmet, and applying sunscreen.

When it comes to substances like drugs and alcohol, a harm reduction service provides new and unused health supplies to reduce the risk of serious harm, including infections like HIV and Hepatitis C, poisonings/overdoses and other acute health risks. It does this by providing education and support from health professionals, and meeting people where they're at, without judgement.



## Preventing an overdose:

- Don't use alone – use with someone you trust or have someone check on you
- Start low, go slow, and be aware of unknown ingredients
- Don't mix with alcohol or other drugs
- Carry a Naloxone kit

## In the event of an overdose:

- Call 911 and stay at the scene to provide information to paramedics
- Administer Naloxone if available
- Know that the Good Samaritan Drug Overdose Act can protect you

## Additional Resources

### **National Overdose Response Service – Available 24/7**

1-888-688-6677

### **Bluewater Health Mental Health and Addictions Services – Daily, 8:00 a.m. – 8:00 p.m.**

519-332-4673

### **Canadian Mental Health Association First Response Service – Available 24/7**

1-800-307-4319

### **Lifeguard Digital Health App Available 24/7**

[www.lifeguarddh.com](http://www.lifeguarddh.com)



## Where to find Community Sharps Disposal Bins

### **Lambton Public Health**

160 Exmouth Street, Point Edward

### **Sarnia Library**

124 Christina Street S, Sarnia

### **Thedford Fire Station**

109 Pearl Street, Thedford

### **Housing & Homelessness Resource Centre**

837 Exmouth Street, Sarnia

### **Kettle & Stony Point Health Services**

6275 Indian Lane, Kettle Point

### **Bluewater Health Russell Street Building**

89 Norman Street, Sarnia

### **North Lambton Community Health Centre**

59 King Street W, Forest

### **Bluewater Methadone Clinic**

118 Victoria Street N, Sarnia

### **Mental Health & Wellness Hub**

9233 Stoneybrook Drive, Kettle Point

### **Aamjiwnaang First Nation Administration**

978 Tashmoo Avenue, Aamjiwnaang First Nation

## Where to find Harm Reduction Supplies

### **Fixed Sites – Naloxone available**

#### **Bluewater Health, Russell Building**

89 Norman Street, 6th Floor Sarnia

Daily 8:00 a.m. – 8:00 p.m.

#### **Lambton Public Health**

160 Exmouth Street, Point Edward

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Closed 12:00 p.m. – 1:00 p.m.

#### **John Howard Society of Sarnia Lambton**

300 Christina Street N, Sarnia,

Monday – Thursday, 9:30 a.m. – 4:30 p.m.

Closed 12:00 p.m. – 1:00 p.m.

#### **Aamjiwnaang First Nation Administration**

978 Tashmoo Avenue, Aamjiwnaang

Monday – Friday, 8:30 a.m. – 4:30 p.m.

(Community members of Aamjiwnaang only)

#### **Aamjiwnaang First Nation Health Centre**

1300 Tashmoo Avenue, Aamjiwnaang First Nation.

Monday – Friday, 8:30 a.m. – 4:30 p.m.

(Community members of Aamjiwnaang only)

#### **Mental Health & Wellness Hub**

9233 Stoneybrook Drive, Kettle & Stony Point First Nation.

Monday – Friday, 8:30 a.m. – 4:30 p.m.

#### **North Lambton Community Health Centre**

59 King Street W., Forest

Monday – Friday, 8:30 a.m. – 4:30 p.m.

#### **Walpole Island First Nation Health Centre**

1604 River Road, Walpole Island First Nation

Monday – Friday, 8:30 a.m. – 4:30 p.m.

### **Mobile Sites – Naloxone available**

#### **North Lambton Community Health Centre – Inn of the Good Shepherd**

115 John Street, Sarnia. Monday, Tuesday, Thursday,

1:00 p.m. – 2:30 p.m.

#### **North Lambton Community Health Centre – Bkejwanong First Nation**

Friday 11:00 a.m. – 2:00 p.m.

Call or text 226-932-0473

#### **North Lambton Community Health Centre – Mobile Delivery**

Monday – Friday, 8:30 a.m. – 4:30 p.m.

Call or text 226-932-0473