



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

519-332-4673

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

1-800-307-4319

Lifeguard Digital Health App

<https://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

Wellington Pharmacy

110 Ontario St., Sarnia

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.

Fixed 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

Aamjiwnaang First Nation Health Centre

89 Norman Street, 6th Floor Sarnia Daily
8:00 a.m. – 8:00 p.m.

Harm Reduction Program

519-383-8331 ext. 3547
Monday – Friday 8:30 a.m. – 4:30 p.m.
(Closed 12 p.m.–1 p.m.)
Closed on Statutory Holidays