

# Tips for safer drug use

1 **DON'T USE ALONE:** Use with a friend. Tell a friend you'll be using. Allow your friend to check on you or stay on the phone with you.

If this is not possible, please CALL:

\*The National Overdose Response Service\*  
1-888-688-NORS (6677)

No personal information that can be used to identify you will be collected or stored\*

2 **GO SLOW:** Know your tolerance. Start with a small test dose first, and see how it affects you. Avoid mixing substances.

3 If you are using after an extended period of not using **USE LESS.**

4 GET A FREE **NALOXONE KIT TODAY:** encourage your friends and family to get a kit as well.  
\*available at the Health Unit & local pharmacies

5 If you notice something isn't right, and you suspect an overdose, give naloxone, and

**CALL 911 RIGHT AWAY**  
(you will not get in trouble for calling)

If you must use alone, call someone you trust to check on you. If this is not possible, please call:

**\*The National Overdose Response Service  
1-888-688-NORS (6677)**

**\*No personal information that can be used to identify you will be collected or stored.**

- Connex Ontario: 1-866-531-2600
- GB Withdrawal Management Services: 519-376-5666
- G&B House: 519-376-9495
- Ontario Addiction Treatment Centre: 519-371-0007
- CMHA Grey Bruce Mental Health, Addiction Services: 519-371-1232
- Mental Health Crisis Line Grey Bruce: 1-877-470-5200

#### **WHERE CAN YOU GET A FREE NALOXONE KIT & SUPPLIES?**

Contact your local pharmacy  
or the Grey Bruce Health Unit

519-376-9420 (Can't call? No problem. Simply drop by!)

Not sure who to call?

**CALL 211**

\*Free, confidential, information service that can help you navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week.

# Find support