

What is Harm Reduction?

Harm reduction is a set of practical strategies and ideas aimed at **reducing** negative consequences associated with drug use. **Harm Reduction** is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.

What are the Signs and Symptoms of an Opiates Overdose?

- Breathing is slow or not breathing at all
- Nails and lips are blue
- Choking or throwing up
- Making gurgling sounds
- Skin is cold and clammy
- You can't wake them up

Tips to Help Prevent an Overdose

- Do 'test shots'
- Start using in small amounts if you haven't used in awhile
 - Even small amounts can result in overdose
- Don't mix drugs
- Avoid speedballing
- Always carry a Naloxone Kit, and learn rescue breathing
- If possible, use while with others or let someone know you are using

How to get a Naloxone Kit

- Naloxone is a drug that can reverse a Fentanyl (or other opioid) overdose, as long as it is given right away
- You can get a Naloxone kit to carry with you when you (or the people you are with) are using drugs
- Naloxone kits are available **free of charge** to anyone at risk of opioid overdose. **You do not need an AHS card/ ID to access a Naloxone Kit**
- Most pharmacies and walk-in clinics in Calgary carry kits you can access for free to keep with you in case you, or someone you are with, needs it
- Sheldon Chumir Clinic (1213 4St. SW) always has them in stock

Call 211 for Additional Information

**Safeworks Harm Reduction Program (AHS)
Stopods.ca**

- Safeworks aims to eliminate sexual and needle-related infections among Calgary's most vulnerable populations.
- Without judgment and free of charge, clients can access:
 - Condoms
 - clean needles
 - cookers, gauze
 - other items that help to prevent the transmission of chronic and acute illness often connected to unsafe sex and intravenous drug use.

Service Locations:

- Safeworks Mobile Van
 - 403-850-3755
 - 🕒 8pm to 11pm
- Sheldon M. Chumir Health Centre
 - 403-955-6200
 - 🕒 9am – 11:30pm

**Downtown Outreach Addictions Program – DOAP
TEAM**

- Assists vulnerable individuals in the community to get to a safe place
- The DOAP team can help transport those under the influence of any drug and/or alcohol for addiction treatment and related appointments
- Provides referral services for :
 - shelters, detoxification
 - addiction treatment services
 - health needs
 - crisis counselling
 - advocacy
 - basic needs like food, housing and clothing
 - more appropriate youth services for young people experiencing homelessness.
- Can travel anywhere in the city and is a great resource for questions around addiction issues
- DOAP Outreach: [403-998-7388](tel:403-998-7388) (cell) – Operates 24/7
- DOAP Encampment Team (for people sleeping outside): [403-805-7388](tel:403-805-7388) (cell)
 - 🕒 Monday-Friday: 8am-4pm

**Alpha House
alphahousecalgary.com
403-234-7388
203 15 Ave SE**

- Safe place for men and women struggling with addictions, mental health, or physical health
- Shelter program, detox program, outreach programs, and a housing program for individuals
- Respects the right to self-determination as they address impacts of addiction in their lives