

5 MESSAGES FOR REDUCING RISK OF OPIOID OVERDOSE

3 If you haven't used for a while, or if you have a new dealer or new supply, start slow, do a tester.

4 Do not use alone. If using alone, have someone check on you.

5 If you would like help with your substance use contact a **Rapid Access to Addiction Medicine (RAAM) Clinic**.

1 Obtain a **free take home naloxone kit**. Encourage your family and friends to get a free kit too.

2 If someone is experiencing an overdose, call 911 and give naloxone. Start chest compressions, give another dose of naloxone if no response, and do not leave the person alone.

Free Naloxone kits are available at the following locations, call for more information:

- Sherbourne Health Centre (416-324-4100)
- South Riverdale CHC (416-461-1925)
- Regent Park CHC (416-364-2261)
- Parkdale CHC (416-537-2455)
- Queen West CHC (416-703-8480)
- Toronto Public Health Needle Syringe Program The Works (416-392-0520)

Free Naloxone kits are also available from many pharmacies in Toronto, for a complete list visit: <https://www.ontario.ca/page/where-get-free-naloxone-kit>.

RAPID ACCESS TO ADDICTION MEDICINE (RAAM) CLINIC LOCATIONS:

St. Joseph's Health Centre Rapid Access Clinic

30 The Queensway, Ground Floor (Family Medicine)
Phone: 416-530-6486 ext. 3969
Open Tuesdays and Thursdays 10:00 AM –11:30 AM

St. Michael's Hospital Rapid Access Clinic

30 Bond St., 17th Floor, Cardinal Carter Wing
Phone: 416-864-3082
Open Mondays, Wednesdays, and Fridays
9:00 AM –11:00 AM

Women's College Hospital Rapid Access Addiction Medicine Clinic

76 Grenville St., 3rd Floor
Phone: 416-323-7559
Open Mondays, Tuesdays, and Thursday 10:00 AM –12:00 PM