



Substance Use Fact Sheet

OVERDOSE PREVENTION / HARM REDUCTION

This Fact Sheet is a list of trustworthy resources to support your learning about Overdose Prevention & Harm Reduction.



OVERDOSE PREVENTION & HARM REDUCTION

Involves a range of support services and strategies to prevent fatal and non-fatal overdoses and empower and support people to be safer and healthier.

For regularly updated information go to: [Overdose Prevention & Treatment](#).

Click on the links below for more information

Watch the Videos: [In my experience: Supervised Consumption / Overdose Prevention Sites](#)
[Introduction to e-OPS \(episodic overdose prevention services\)](#)

Responding to Overdose Events	Practical Approaches to Keeping People Safe
Toward the Heart	
Provincial Information / Resources on Reducing Harm , Naloxone Programs , Overdose and Peer Engagement	
Get a Take Home Naloxone Kit Locations to get a free kit with medicine to reverse opioid overdoses	Drug Checking Locations Find out where you can get your substances tested
Online Naloxone Training Learn how to recognize and respond to overdose with naloxone	Get Safer Sex and Drug Use Supplies Find out where you can get sterile supplies
Lifeguard App Free emergency response smart phone app for using drugs alone	Safe Sharps Disposal Toolkit A toolkit to help your community with safe sharps disposal
Overdose Prevention / Supervised Consumption Services A safe place to use your own drugs and be monitored for overdose	Harm Reduction Guidelines Resources from the BC Centre for Disease Control
How to Respond to an Overdose Step by step infographic on how to respond to an overdose	Harm Reduction (CATIE) Information, resources, programs, policies, best practices
Toxic Drug Alerts Toxic substances & overdose alerts in your community	Interior Health Harm Reduction Page
Provincial Services in Response to Overdose Explanation of key overdose services by BC government	Toxic Drug Crisis: Signs & Prevention
Benefits of Supervised Consumption Services	Safer Sex and Drug Use Tips
Naloxone Use in Pregnancy	ANKORS Street College Educational tools for street involved & people who use substances
Nasal Naloxone for First Nations	FNHA "Protect Lives, Prevent Overdose" Video Series
	Indigenous Harm Reduction Policy Brief

Have a buddy ~ Start Low, Go Slow ~ Carry Naloxone
Use one drug at a time ~ Be aware of your health & tolerance

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