



# 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: [IH Overdose Crisis Information & Prevention](#).

Click on the links below for more information



#### 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

##### [Online Naloxone Training](#)

Learn how to recognize and respond to overdose with naloxone

##### [Lifeguard App](#)

Free emergency response smart phone app for using drugs alone

##### [Overdose Prevention / Supervised Consumption Sites](#)

A safe place to use your own drugs and be monitored for overdose

##### [Overdose & Drug Alerts](#)

Toxic substances & overdose alerts in your community

##### [Provincial Services in Response to Overdose](#)

Explanation of key overdose services by BC government

##### [Why Do We Need Supervised Consumption Services?](#)

##### [Benefits of Supervised Consumption Services](#)

##### [Nasal Naloxone for First Nations](#)

##### [Naloxone Use in Pregnancy](#)

##### [Safer Sex and Drug Use Tips](#)

##### [Drug Checking Locations](#)

Find out where you can get your substances tested

##### [Get Safer Sex and Drug Use Supplies](#)

Find out where you can get sterile supplies

##### [Safe Sharps Disposal Toolkit](#)

A toolkit to help your community with safe sharps disposal

##### [Overdose Prevention Services](#)

Interior Health sites to check drugs, get supplies, info & help

##### [ANKORS Street College](#)

Educational tools for street involved & people who use substances

##### [Harm Reduction Guidelines](#)

Resources from the BC Centre for Disease Control

##### [Interior Health Harm Reduction Page](#)

##### [Substance Use & Harm Reduction \(CATIE\)](#)

Information, resources, programs, policies, best practices

##### [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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Substance Use Team | Mental Health & Substance Use Network

Developed by: Substance Use Resources Working Group | Endorsed by: Corinne Dolman, Director

Developed: 23/09/20 | Revised: 02/11/20

