

# Overdose Alert



June 3rd 2022

**Several suspected overdoses have occurred in our region over the past few days.**

Take extra caution by:

- *Not using alone* - When using with someone else, don't use at the same time.
- *Avoid mixing different drugs* - Mixing drugs, including alcohol, increases the risk of overdose
- *Go slow* - Use smaller amounts and do test doses to check the strength of your drugs
- Get overdose prevention training & carry a naloxone kit

Mental Health Crisis Line: 1-877-470-5200

Connex Ontario: 1-866-531-2600

Rapid Access Addiction Medicine Clinic: 519-376-3999

