

Using Drugs Alone? Use NORS!

Call or text the National Overdose Response Service or NORS at 1-888-688-6677. NORS is a peer run overdose prevention hotline available 24/7 from anywhere within Canada.

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Make a safety plan with NORS.

This may involve calling a neighbor who has Naloxone. Calling 911 will also be included as an option. Your address is kept confidential and will be deleted after the call.

Keep the porch light on, unlock your front door, and put drug equipment and pets away in case emergency responders must come to your home.

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Use your drug of choice. If you do not respond in a certain amount of time after using, your safety plan will be activated.



The purpose of NORS is to keep people who use drugs safe from overdose. Use NORS and stay safe. Encourage others to do the same.

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