

What is Harm Reduction?

Harm reduction is defined as any policy, program, and/or practice that aims to reduce the social, economic and health-related harms associated with drug use, without requiring the person to stop using substances. Harm reduction is an evidence-based and cost-effective approach that brings benefits to the individual, community and society.

Harm reduction is one pillar of the approach being used to form a comprehensive strategy to address concerns about drug and alcohol use in Middlesex-London. The other pillars include prevention, treatment and enforcement.



Counterpoint Needle and Syringe Exchange

What supplies are provided at Counterpoint?

- Needles, syringes, and pipes
- Alcohol swabs and vitamin C
- Tourniquets, sharps containers, and piercing kits
- Sterile filters, cookers, and water

****Additional supplies may be available at different locations.***

Can I be referred to other services through these harm reduction services?

Yes, harm reduction workers at these locations can also help to connect and refer clients to other services such as treatment, counselling, and housing.

Can I return my used/old supplies to get new supplies?

Yes, all equipment can be returned to Regional HIV / AIDS Connection (RHAC), Middlesex-London Health Unit (MLHU), or at London Cares drop boxes.

<http://www.london.ca/residents/Parks/SyringeRecoveryandNeedleBins/Pages/Needle-Bins-and-Syringe-Recovery.aspx>

or call 519-661-2489 ext. 4956 to learn more

Naloxone

What is naloxone?

Naloxone is a medication which is used to temporarily reverse the effects of an overdose caused by *opioid* drugs.

Who is eligible for a naloxone kit?

- Any current or past opioid user who is at risk of using again
- Any family member or friend of someone at risk of an opioid overdose

What do I do if my naloxone is expired?

Return your expired kit to any location dispensing naloxone, to get a new one.

Where can I get a free Naloxone kit?

- Pharmacies (call ahead to check if your pharmacy has kits in stock)
- Middlesex-London Health Unit (MLHU), 50 King Street, London or 51 Front Street E., Strathroy
- Regional HIV / AIDS Connection (RHAC), 186 King Street, London

You do not need a prescription or health card to get a Naloxone kit at MLHU or RHAC.

Visit www.ontario.ca/page/where-get-free-naloxone-kit to see where you can get naloxone kits and training on how to use them.

Hours & Locations

COUNTERPOINT

Regional HIV/AIDS Connection (RHAC)

186 King St., London
Mon-Fri, 9 a.m.- 5 p.m.

Middlesex-London Health Unit (MLHU)

50 King St., London
Mon-Thurs, 9 a.m.- 7 p.m.
Fri, 9 a.m.- 4 p.m.

51 Front Street East, Strathroy
Thurs, 11 a.m.- 1 p.m. & 2 p.m.- 4 p.m.

My Sister's Place

566 Dundas St., London
Mon-Sun, 10 a.m.- 3 p.m. &
6 p.m.- 9 p.m.

NALOXONE

Middlesex-London Health Unit (MLHU)

50 King St., London
Mon-Thurs, 8:30 a.m. - 4:30 p.m.
Fri, 8:30 a.m. - 4 p.m.

Regional HIV/AIDS Connection (RHAC)

186 King St., London
Mon-Fri, 9 a.m. - 5 p.m.
Sat-Sun, 11 a.m. - 4 p.m.

Middlesex-London Health Unit

50 King St., London, ON N6A 5L7
tel: (519) 663 - 5317 • fax: (519) 663 - 9581
health@mlhu.on.ca

Strathroy Office - Kenwick Mall
51 Front St. E., Strathroy ON N7G 1Y5
tel: (519) 245 - 3230 • fax: (519) 245 - 4772

A Quick Guide to Harm Reduction Services and the Opioid Crisis

Counterpoint Needle and Syringe Exchange

Naloxone

