

COMMUNITY RESOURCES

While you are waiting for treatment, the following resources may be helpful.

211 Alberta. You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory <http://www.ab.211.ca/>

Addiction Helpline [1-866-332-2322](tel:1-866-332-2322) The Addiction Helpline is a toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services. The Addiction Helpline operates 24 hour a day, seven days a week and is available to all Albertans.

Health Link Call Health Link by dialing 811 for quick and easy advice from a registered nurse 24/7. They will ask questions, assess symptoms and determine the best care for you.

OVERDOSE - Reduce Your Risk

Fentanyl may be 100 times more toxic than morphine, heroin, or oxycodone. Even small amounts can result in overdose and it can be found in other drugs without you knowing.

If you're going to use:

- don't use fentanyl, or any other drug, while alone;
- start using in small amounts;
- do 'test shots' (or test doses);
- don't mix drugs;
- avoid speedballing;
- always carry a Naloxone Kit;
- call 911 if you or someone suspects a person is experiencing an overdose. Calling for help can save a life!

**IF YOU USE,
KNOW HOW
TO USE
NALOXONE**

**NALOXONE:
GET IT. CARRY IT. USE IT.**

www.stopods.ca

