

HELP



Staying Alive

OPIOID HARM REDUCTION



ALTERNATIVES



SELF CARE



Get Help

Talk to someone at a safe use site or needle exchange.

Residential Treatment for detox or longer term.

Dependency Programs access medically supervised drug replacements.

Ask for the **Staying Alive Booklet** from staff.

TO LOCATE A NEEDLE-EXCHANGE PROGRAM, A SAFE-USE SITE,
OR TO GET ANY INFORMATION RELATED TO SUBSTANCE USE OR TREATMENT:
1-866-332-2322 (Addiction Helpline) www.stopods.ca www.norquest.ca/staying-alive

*all statistics describe Alberta 2018. www.alberta.ca/opioid-reports.aspx *