

Thinking of using drugs? **You can reduce your risk by:**

Not using alone, carrying naloxone, accessing supervised consumption services, or connecting with this support service wherever you are.



Call the National Overdose Response Service (NORS)
1-888-688-6677

For more Harm Reduction services in Ottawa visit
[StopOverdoseOttawa.ca](https://stopoverdoseottawa.ca)

