

# Overdose Alert.



October 23, 2023

**4 non-fatal overdoses have occurred in Grey Bruce within a 24 hour period this past weekend. Fentanyl is the suspected substance in 2 of the overdoses.**

Follow these harm reduction practices:

- **Not using alone. When using with someone else, don't use at the same time. Call or text NORS 1-888-688-6677 if using alone.**
- **Get overdose prevention training & carry a Naloxone kit.**
- **Take extra caution if mixing substances. Mixing substances can increase the risk of harm and drug poisonings.**
- **Go Slow. Always start with a low dose and increase slowly, especially if trying something new or restarting use.**
- **Use only new supplies and avoid sharing supplies. This reduces the risk of getting or passing on an infectious disease. Supplies are available at GBPH and community partners.**

Mental Health Crisis Line Grey Bruce: 1-877-470-5200

Connex Ontario: 1-866-531-2600

Supportive Outreach Services (SOS): 519-379-8743

Rapid Access Addiction Medicine (RAAM) Clinic: 519-376-3999

Overdose Prevention Line (NORS): 1-888-688-6677



Please remove by October 30, 2023