WHAT IS HARM REDUCTION?

- Harm reduction is an approach that puts people first in a respectful, non-judgemental way.
- There is no one size fits all approach but it should be compassionate and acknowledge that every life is valuable.
- We use a harm reduction approach in many areas of our lives to help lower risk.

BENEFITS OF HARM REDUCTION

- It helps people stay safer when participating in activities with risk, like using substances.
- Empowers and supports people to be safer and healthier.
- Most approaches are inexpensive, easy to implement, and have a high impact on individual and community health.

SUPERIOR POINTS
HARM REDUCTION PROGRAM

CONTACT INFORMATION

Phone #:
807-621-7861

Email (for information ONLY):
harm.reduction@tbdhu.com

Scan the QR CODE for Ontario Harm Reduction Distribution Program listings and resources

Thunder Bay District Health Unit

www.ohrdp.ca/find-supplies

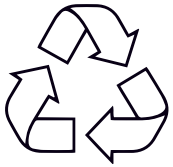
OHRDP

SUPERIOR POINTS
HARM REDUCTION PROGRAM

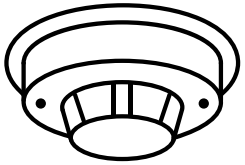
Thunder Bay District Health Unit

HARM REDUCTION APPROACHES ARE EVERYWHERE!

Seatbelts

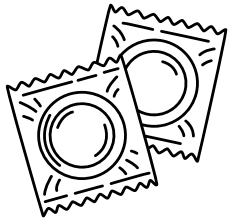

Recycling

Hand Hygiene


Smoke & CO2 detectors

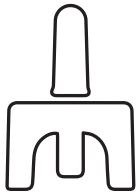
Traffic Speed Limits

Sunscreen

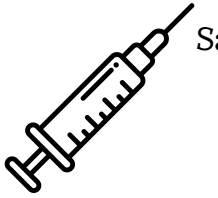

Condom use

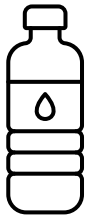
Drug Testing Strips

Nicotine patch instead of smoking


Naloxone

Safe Consumption Sites


Needle Exchange Programs


Consuming water while drinking alcohol

SUPERIOR POINTS

HARM REDUCTION PROGRAM

- is the Harm Reduction Program run by the Thunder Bay District Health Unit (TBDHU)
- all services offered are free and confidential

WHAT SERVICES DO WE OFFER?

- outreach
- needle distribution and recovery
- harm reduction supplies
- naloxone distribution and overdose awareness training
- safer sex supply distribution
- harm reduction education
- community and agency presentations
- referrals

WHY IS HARM REDUCTION IMPORTANT?

- reduces the burden on other systems such as healthcare and EMS
- connects people to a spectrum of services, including treatment once an individual is ready

In Thunder Bay and District there are higher rates of substance related harms including:

- emergency department visits,
- opioid overdoses and deaths,
- Hepatitis B, and
- Hepatitis C

when compared to the rest of Ontario.

WHO CAN USE THIS PROGRAM?

All services are open to the public.

HOURS OF OPERATION

Mobile Outreach:

Monday to Friday 11:00am - 8:00pm

Delivery available in Thunder Bay ONLY

WHAT TO DO IF YOU FIND A NEEDLE?

There are outdoor metal needle disposal bins located throughout the city of Thunder Bay and the District.

For more information on **safe needle disposal.**