

Overdose Alert.



September 12, 2023

4 non-fatal overdoses occurred in Grey Bruce over the weekend. The majority occurred in Owen Sound. 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 NORS 1-888-688-6677 if you have to use 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

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

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

Please remove by September 19th, 2023