

RESOURCE GUIDE:

HARM REDUCTION.

Harm Reduction Resources + Services at UVic:

- <https://www.uvic.ca/student-wellness/wellness-resources/harm-reduction/index.php>

Harm Reduction Resources + Services at the UVSS:

- The UVSS offers free nalaxone and free nalaxone training.
 - <https://uvss.ca/safer-use/>
- Many advocacy groups have a variety of harm reduction resources including items such as:
 - Condoms
 - Lube
 - Other safer-sex materials
 - Injection Materials
 - Snorting straws
 - Other safer use materials.

Umbrella Society

- <https://www.umbrellasociety.ca/>
- Outreach, recovery housing, counselling, groups, harm reduction and education.

AVI Health and Community Services

- <https://avi.org/>
- AVI increases health equity by providing highly responsive, harm reduction-based HIV, hepatitis C, substance use, sexual health, mental health, and other community health services, and is informed by the voices of people with living experience.

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Peers Victoria

- <https://www.safersexwork.ca/>
- Peers is an innovative, multi-service grassroots agency established by, with, and for sex workers since 1995. Through direct services and community partnerships, we provide an array of peer-focused outreach, harm reduction, housing support, education, violence prevention, and advocacy for current and former sex workers, people who use substances, Indigenous-street family, and their connected communities on Coast Salish territories known as Greater Victoria.

Towards the Heart

- <https://towardtheheart.com/>
- Provides online information and resources about harm reduction and overdose prevention. Topic areas include safer sex and drug use, naloxone administration and training, peer worker training and peer engagement resources, health alerts and drug information, overdose prevention or supervised consumption site locations, and information on where to get safer sex and substance use supplies, and naloxone kits.

Victoria Safe Consumption Sites

- <https://www.islandhealth.ca/locations/mental-health-substance-use-locations/overdose-prevention-supervised-consumption-locations>
- Overdose Prevention Sites (OPS) and Supervised Consumption Sites (SCS) are welcoming locations where people can use substances under the supervision of trained staff. As part of health care services, staff in these locations monitor for possible drug poisoning and provide rapid intervention if necessary.
- Resources, including drug checking, to reduce the risk of drug poisoning can be found on our [Harm Reduction for Substance Use](#) page.