

HARM REDUCTION

Where to go when you're looking for help

Last updated: February 2024

Harm reduction is an approach that tries to reduce the harmful effects of substance use. It can also be applied to gambling, high-risk sexual behaviours and other activities that carry risk.

A harm reduction approach involves working with the person using substances so that they use more safely, without expecting them to stop using. It recognizes that some people may not want or be ready or able to stop completely. In some cases, finding ways to reduce the harmful effects on the person, their family and the community is a more realistic approach.

Examples of harm reduction approaches include opioid agonist medication (e.g., methadone), needle and syringe exchange programs, supervised consumption sites and naloxone kit distribution to reverse opioid overdose temporarily.

When applied to sexual health, harm reduction includes minimizing harms associated with unprotected sex (such as acquiring STIs, including HIV and hepatitis C), reducing the risk of unwanted pregnancy and educating people about the risks of substance use during pregnancy.

Community-Based Harm Reduction Services

The Ontario Naloxone Program distributes injectable and nasal spray naloxone kits through community-based organizations. Naloxone is a medication that reverses opioid overdose rapidly, but temporarily. As part of the program, people at risk of overdose, their family and friends, and people in a position to care for at-risk individuals can get naloxone kits through participating pharmacies.

2-Spirited People of the 1st Nations

145 Front Street East, Suite 105, Toronto

www.2spirits.org

Tel.: 416 944-9300

info@2spirits.org

Services: No-contact pick-up of harm reduction kits, nasal naloxone and personal sharps bins

Eligibility: Open to all

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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camh

519 Community Centre

519 Church Street, Toronto

www.the519.org

Tel.: 416 392-6874

info@the519.org

Services: Time-limited counselling, meals, support groups, resource centre, peer support groups for people struggling with alcohol, other substance use or overeating

Eligibility: Open to all

Agincourt Community Services Association

4155 Sheppard Avenue East, Suite 100, Toronto

www.agincourtcommunityservices.com

Tel.: 416 321-6912

hubreception@agincourtcommunityservices.com

Services: Harm reduction supplies (walk-in and delivery) and services, including safer drug-use supplies, harm reduction education, addiction counselling and referral; street outreach; workshops for service users and service providers; Safer Opioid Supply Program that provides safer pharmaceutical-grade opioids as an alternative to street opioids

Eligibility: Age 18+; catchment area: Steeles Avenue East to Lawrence Avenue East, and Victoria Park Avenue to Markham Road

All Saints Church Community Centre

315 Dundas Street East, Toronto

www.allsaintstoronto.com

Tel.: 416 368-7768

admin@allsaintstoronto.ca

Services: Drop-in services include COVID-19 testing, meals, nursing care, harm reduction supplies, case management, emergency clothing, computers and WiFi, washrooms

Eligibility: Open to anyone

Languages: English, French, Spanish, Portuguese, Mandarin, Tamil

Hours: Drop-in, Monday, Tuesday, Thursday, 8:30 am–2:30 pm, and Wednesday, 10:30 am–3:00 pm (closed first Wednesday of every month)

Breakaway Addiction Services

21 Strickland Avenue, Toronto

www.breakawayaddictions.ca

Tel.: 416 537-9346 ext. 225 (harm reduction outreach)

marinad@breakawaycs.ca

Services: Counselling and therapy, case management, crisis intervention, one-to-one counselling, advocacy and support services, health education and health promotion, harm reduction supplies, food bank and clothing

Eligibility: Age 25+, live in Toronto and cannot afford to pay for services

Note: No referrals needed; no fees for services

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Centre for Addiction and Mental Health – Concurrent Outpatient Medical and Psychosocial Addiction Support Service (COMPASS)

100 Stokes Street, Bell Gateway Building, 3rd floor, Toronto

www.camh.ca/en/your-care/programs-and-services/compass

Tel.: 416 535-8501, press 2

Services: Comprehensive initial assessments, rapid access addiction medicine (RAAM) clinic, withdrawal management, group-based treatment

Eligibility: Don't need to be a registered client to receive harm reduction supplies

Referral: Self-referral accepted through Access CAMH, call 416-535-8501, press 2

Syme Woolner Neighbourhood and Family Centre

2468 Eglinton Avenue West, Toronto

www.symewoolner.org

Tel.: 416 766-4634 ext. 229

swoolner@symewoolner.org

Services: Information and referrals, distribution of stem kits, sharp kits and safe sex kits; education and workshops, outreach to people experiencing homelessness

Eligibility: Open to all

Hours: Monday to Sunday, 9:00 am–3:00 pm; women's evening, Monday, 3:30 pm–7:00 pm; men's evening, Tuesday, 3:30 pm–7:00 pm; outreach, Monday to Friday, 10:00 am–2:00 pm

Community Health Centre and Public Health Harm Reduction Services

Black Creek Community Health Centre

Yorkgate Mall, 1 York Gate Boulevard, Suite 202, North York

www.bcchc.com/services/harm-reduction/

Tel.: 416 249-8000 or 416 246-2388

info@bcchc.com

Services: Drop-in, treatment, one-on-one support, addiction counselling, wellness kits, harm reduction, naloxone training

Eligibility: Must be registered clients of the centre; people who live in the area can self-refer or register through their primary care provider

Hours: Monday, Tuesday, Thursday, Friday, 9:00 am–5:00 pm, and Wednesday, 9:00 am–8:30 pm

LAMP Community Health Centre

156 Sixth Street (St. Margaret's Church, side entrance), Toronto

www.lampchc.org/programs-services/community-health-programs/harm-reduction/

Tel.: 416 252-6471 ext. 291 or 647 525-2521

feedback@lampchc.org

Services: Drop-in includes street outreach, harm reduction supplies, kit making, safe disposal of supplies, condom distribution; sex worker support; workshops, peer-based services; volunteer opportunities and referrals; access to bathrooms, showers and laundry

Hours: Tuesday, Wednesday, Thursday, 10:00 am–1:00 pm, and Friday, 10:00 am–5:30 pm

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Parkdale Community Health Centre – Parkdale site

1229 Queen Street West, Toronto

www.pqwchc.org/programs-services/harm-reduction/

Tel.: 416 537-2455

Tel.: 416 804-8482 ext. 2125 (harm reduction services)

Services: Drop-in-based; harm reduction program offers support, system navigation, crisis de-escalation, community harm reduction training and presentations, naloxone training, community development, health promotion; supervised consumption services; harm reduction rooms providing safe environment to discuss safer drug use and safer sex practices, referrals to programs and supplies

Eligibility: Open to all

Hours:

Harm reduction program: Monday, Tuesday, Thursday, Friday, 10:00 am–12:00 pm, and Wednesday, 1:00 pm–8:00 pm

Supervised consumption services: Monday, Tuesday, Thursday, 9:00 am–8:00 pm, Wednesday, 1:00 am–8:00 pm, Friday, 9:00 am–5:00 pm, Saturday and Sunday, 10:00 am–6:00 pm (last call is 30 minutes before closing)

Harm reduction rooms: Monday, Tuesday, Thursday, 12:00 pm–8:00 pm (last call at 7:30 pm), Wednesday, 1:00 pm–8:00 pm (last call at 7:30 pm), Friday, 12:00 pm–5:00 pm (last call at 4:30 pm)

Parkdale Community Health Centre – Queen West site

168 Bathurst Street, Toronto

www.pqwchc.org/programs-services/harm-reduction/

Tel.: 416 703-8482

Tel.: 416 804-8482 ext. 2125 (harm reduction rooms)

Services: Drop-in-based; harm reduction program for support, system navigation, crisis de-escalation, community harm reduction training and presentations, naloxone training, community development, health promotion; supervised consumption services; harm reduction rooms providing safe environment to discuss safer drug use and safer sex practices, referrals to programs and supplies

Eligibility: Open to all

Hours:

Harm reduction program: Monday to Friday, 9:00 am–5:00 pm

Supervised consumption services: Monday, Tuesday, Thursday, 9:00 am–8:00 pm, Wednesday, 1:00 am–8:00 pm, Friday, 9:00 am–5:00 pm, Saturday and Sunday, 10:00 am–6:00 pm (last call is 30 minutes before closing)

Harm reduction rooms: Monday, Thursday, Friday, 10:00 am–4:00 pm, Tuesday, 1:00 pm–8:00 pm, Wednesday, 10:00 am–8:00 pm

Sherbourne Health Centre

333 Sherbourne Street, Toronto

www.sherbourne.on.ca

Tel.: 416 324-4100, ext. 3317 or 3318

info@sherbourne.on.ca

Services: Free training and naloxone kits, free harm reduction supplies 24/7; peer navigation program; primary health care through family health team; counselling for people with trauma; walk-in therapy clinic; HIV services that include primary care, drop-in clinic for registered clients, naturopathic clinic for people with HIV/AIDS; WINK (Women In Need Klinik), drop-in clinic and support for homeless and street-involved women; LGBTQ Parenting Network; LGBTQ health promotion and resource database through Rainbow Health Network

Hours: Take-home naloxone program, drop-in on Monday, Tuesday, Wednesday, 1:00 pm–4:00 pm, Thursday, 9:30 am–12:00 pm, Friday, 1:00 pm–4:00 pm; kits available 24/7 in outdoor harm reduction cabinet

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South Riverdale Community Health Centre

955 Queen Street East, Toronto

www.srchc.com

Tel.: 416 461-1925 (main office)

Tel.: 416 461-2493 (clinic)

[srhc@srhc.com](mailto:srchc@srhc.com)

Services: Outreach walk-in clinic for people who are homeless or have addiction or mental health issues; COUNTERfit Women's Harm Reduction Program: harm reduction information and supplies, needle exchange, counselling, case coordination, support for sex workers who use illicit drugs; mobile delivery of harm reduction supplies in catchment area: Eglinton Avenue to Lake Ontario, Victoria Park Avenue to Don Valley Parkway

Hours:

- Outreach clinic: Tuesday and Thursday, 2:00 pm–4:00 pm (in-person registration starts at 1:30 pm; last registration at 3:00 pm)
- COUNTERfit: Tuesday, 9:00 am–11:00 am
- Mobile delivery: Monday to Friday, 6:00 pm–12:00 am, weekends and holidays, 12:00 pm–12:00 am

Eligibility: Catchment area varies by program; priority given to new immigrants, Chinese community, young children and their families, women, older adults, people without health insurance, people who are homeless, people with substance use or mental health issues

Languages: English, Mandarin, Cantonese, Tamil, Bengali; interpreters available

Toronto Public Health – The Works Program

277 Victoria Street, Toronto

www.torontocentralhealthline.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/

Tel.: 416 392-0520

Services: Harm reduction supplies and counselling, opioid agonist therapy program that includes methadone and buprenorphine (Suboxone), POINT program that provides naloxone training and take-home kits, anonymous HIV testing and vaccination; supervised injection sites; The Works Van mobile outreach

Hours: Monday to Saturday, 10:00 am–10:00 pm and Sunday, 11:00 am–5:00 pm

- Outreach van: Monday to Friday, 6:30 pm–10:00 pm (call 4:30 pm–6:30 pm to make an appointment)

AIDS Organizations Providing Harm Reduction Services

Asian Community AIDS Services

260 Spadina Avenue, Suite 410, Toronto

www.acas.org

Tel.: 416 963-4300

info@acas.org

Services: Support programs include buddy and practical assistance; treatment information; individual counselling; referrals; case management; peer support group; outreach to youth, gay men and women at risk; outreach, workshops and recreation to queer Asian youth; culturally specific materials

Eligibility: East and Southeast Asian communities, including LGBTQ, people with or affected by HIV/AIDS

Languages: English, Japanese, Korean, Thai, Filipino, Mandarin, Cantonese, Indonesian, Malay, Vietnamese, Tagalog

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Black Coalition for AIDS Prevention

20 Victoria Street, 4th floor, Toronto

www.blackcap.ca

Tel.: 416 977-9955

info@black-cap.com

Services: Street outreach, drop-in for people with substance use problems or under-housed; school and community-based workshops on harm reduction and substance use; bi-monthly harm reduction drop-in for African, Caribbean, Black people who use substances; distribution of safer inhalation and injection equipment kits through weekly outreach in neighbourhoods

Eligibility: Black, African and Caribbean communities in the GTA

Languages: English, French, Spanish, Arabic, West Indian dialects, Amharic, Kikuyu, Swahili, Tigrinya

Toronto People with AIDS Foundation

163 Queen Street East, 2nd floor., Toronto

www.pwatoronto.org

Tel.: 416 506-1400

Tel.: 416 506-1400 ext. 205 (to book appointment)

info@black-cap.com

Services: Harm reduction and safer sex supplies (on second floor during office hours and at the Essential Market on first floor during market hours); fresh produce and groceries, pet food, baby items, emergency food bags, new home start-up kits, peer and professional food and nutrition workshops; vet services

Eligibility: People who are HIV positive and live in Toronto are eligible through an in-take appointment

Hours: Essential Market open Wednesday and Thursday, 2:00 pm–7:00 pm, Friday, 12:00 pm–5:00 pm; office hours, Monday to Friday, 9:00 am–5:00 pm

Women-Only Harm Reduction Services

Fred Victor – Adelaide Resources Centre for Women

67 Adelaide Street East, Toronto

www.fredvictor.org

Tel.: 416 364-7739

wdp@fredvictor.org

Services:

- 45 Queen Street East serves two low-cost meals, Monday to Friday, 10:00 am–11:30 am, and 4:00 pm–5:30 pm
- Low-cost meals served in same building as health services and housing
- 40 Oak Street in Regent Park serves free meals: breakfast on Monday to Friday, lunch on Monday, Tuesday, Thursday and Friday

Eligibility: Women 18+ without children who are homeless or marginally housed

LOFT Community Services – 416 Community Support for Women

416 Dundas Street East, Toronto

www.loftcs.org/support/womens-health-support-416/

Tel.: 416 928-3334

Services: Health and wellness program with case management, medical clinic, drop-in program (with breakfast and lunch), food bank

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Eligibility: Women of all ages with addiction or mental health issues, but primarily women age 16+

Note: Except for drop-in, clients must go through an intake process for each program; women can be referred through Access Point by downloading a form on the LOFT website or by self-referral

Sistering

962 Bloor Street West, Toronto

www.sistering.org

Tel.: 416 926-9762 ext. 265

generalinfo@sistering.org

Services: 24/7 drop-in and outreach programs; peer harm reduction workers; distribution of harm reduction kits and educational material; self-help initiatives; referral to government and counselling services; referral to other health agencies and counselling services; harm reduction services for women with HIV/AIDS, hepatitis C

Eligibility: Women in Toronto who are experiencing poverty, marginalization and substance use or mental health problems; sex workers; immigrant and refugee women; women who have experienced violence and trauma

Note: 24/7 drop-in is pet-friendly

Ve'ahavta

4100 Chesswood Drive, Unit 1, Toronto

www.veahavta.org

Tel.: 416 964-7698

info@veahavta.org

Services: Van that delivers food, clothing, harm reduction and hygiene supplies; care management for people experiencing homelessness

Hours: Outreach van, Monday to Saturday, 6:00 pm–12:00 am, and Sunday, 1:30 pm–8:00 pm

Supervised Injection Sites

Supervised injection sites are health services where people can inject pre-obtained drugs under the supervision of a nurse or other health care worker. They also distribute sterile injection supplies; provide education on safer injection, overdose prevention and overdose intervention; offer medical and counselling services; and provide referrals to drug treatment, housing, income support and other services.

Fred Victor – Supervised Consumption Site

139 Jarvis Street (Queen Street East & Jarvis Street), Toronto

www.fredvictor.org

Tel.: 416 364-8228

Parkdale Queen West Community Health Centre – Supervised Consumption Services

168 Bathurst Street, ground floor, Toronto

www.pqwchc.org/programs-services/harm-reduction/supervised-consumption-services-scs/

Tel.: 416 537-2455

bbeaton@pqwchc.ca

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Hours: Monday, Tuesday, Thursday, 9:00 am–8:00 pm; Wednesday, 1:00 am–8:00 pm, Friday, 9:00 am–5:00 pm, Saturday and Sunday, 10:00 am–6:00 pm (last call for services 30 minutes before closing)

South Riverdate Community Health Centre – KeepSIX Consumption and Treatment Service

955 Queen Street East, Toronto

www.srchc.ca/programs/community-health/consumption-treatment-service/

Tel.: 416 461-1925

srhc@srhc.com

Hours: Monday to Wednesday, 8:00 am–5:00 pm (last call at 4:00 pm), Thursday, 8:00 am–6:00 pm (last call at 5:00 pm), Friday, 8:00 am–5:00 pm (last call at 5:00 pm)

South Riverdate Community Health Centre – Moss Park

134 Sherbourne Street, Toronto

www.srchc.ca/programs/community-health/consumption-treatment-service-moss-park/

Tel.: 416 546-3984

srhc@srhc.com

Hours: Tuesday to Saturday, 10:30 am–10:00 pm (last call typically one hour before closing)

Toronto Public Health – The Works Program

277 Victoria Street, Toronto

www.torontocentralhealthline.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/

Tel.: 416 392-0520

Services: Harm reduction supplies and counselling, opioid agonist medication, including methadone and buprenorphine (Suboxone), POINT program that provides naloxone training and free take-home kits, anonymous HIV testing and vaccination; supervised injection sites; The Works Van mobile outreach

Hours: Monday to Saturday, 10:00 am–10:00 pm and Sunday, 11:00 am–5:00 pm

- Outreach van: Monday to Friday, 6:30 pm–10:00 pm (call 4:30 pm–6:30 pm to make an appointment)

Needles Drop Box Services

Fred Victor

145 Queen Street East (Queen Street East & Jarvis Street)

St. Michael's Hospital

30 Bond Street (Shuter Street & Victoria Street; located at Emergency Department ambulance bay)

Toronto Public Health – The Works

277 Victoria Street (Victoria Street & Dundas Street East)

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Toronto Public Library – Fort York

190 Fort York Boulevard

Toronto Public Library – Lillian H. Smith

239 College Street

Toronto Public Library – Parkdale

1303 Queen Street West

Toronto Public Library – Sanderson

327 Bathurst Street

Queen West Community Health Centre

150 Tecumseth Street (Queen Street West & Bathurst Street)