

HARM REDUCTION

Where to go when you're looking for help

Updated: July 2025

What is Harm Reduction?

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

A harm reduction approach involves working with the person using substances so that they can do so more safely, without expecting them to stop using. This approach 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 community may be a more realistic approach.

Examples of harm reduction approaches for substance use include opiate maintenance programs (e.g., methadone), needle and syringe exchange programs, supervised consumption sites and naloxone kit distribution to reverse opioid overdoses temporarily.

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

Community-Based Harm Reduction Services

The Ontario Naloxone Program (ONP) works to distribute injectable and nasal spray naloxone kits through participating community-based organizations. Naloxone is a medication used to reverse opioid overdose rapidly. Additionally, through participating pharmacies, individuals at risk of opioid overdose, family and friends, and people in a position to care for at-risk individuals can access free naloxone kits through most pharmacies across Ontario, making this life-saving resource widely accessible throughout the province.

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: Supports 2-Spirit peoples and First Nations, Métis and Inuit community members who are at risk of or living with HIV, hepatitis C and related co-infections; programming includes the Toronto Community Crisis Service (TCCS), which offers substance use/overdose support, counselling and harm reduction supplies

Eligibility: Open to all

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>.

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**RBC Patient and Family
Learning Space**

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 group meetings for people struggling with alcohol, substance use, overeating and narcotics

Fees: Free

Eligibility: Open to all

Agincourt Community Services Association

4155 Sheppard Avenue East, Suite 100, Toronto

<https://acsa.ca>

Tel.: 416 321-6912

hubreception@agincourtcommunityservices.com

Services: Harm reduction program offering supplies (walk-in and delivery) and services, including provision of safer drug-use supplies, harm reduction education, addiction counselling and referrals; Street Outreach team supporting individuals in encampments, under bridges and on the streets, providing essential services and resources to meet immediate needs; training and workshops for service users and service providers; Safer Opioid Supply Program providing safer pharmaceutical-grade opioids as an alternative to street opioids

Eligibility: Age 18+

Fees: Free

All Saints Church-Community Centre

315 Dundas Street East, Toronto

<https://allsaintstoronto.com>

Tel.: 416 368-7768

admin@allsaintstoronto.com

Services: Drop-in services, including meals, nursing care, harm reduction supplies, case management, emergency clothing, computers and Wi-Fi, washrooms

Eligibility: Open to anyone

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

Hours: Drop-in Mondays, Tuesdays and Thursdays, 8:30 a.m.–2:30 p.m., and Wednesdays, 10:30 a.m.–3:00 p.m. (unavailable on the first Wednesday of every month for staff training)

Breakaway Addiction Services

21 Strickland Avenue, Toronto

<https://breakawaycs.ca>

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

breakaway@breakawaycs.ca

Services: Counselling and therapy services, case management services, 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 within Toronto and cannot afford to pay for services

Fees: Free

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

100 Stokes Street – Queen Street Site, 3rd Floor, Toronto

www.camh.ca/en/patients-and-families/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, Unit 3, Toronto

<https://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 a.m.–3:00 p.m.; women-only evenings on Mondays, 3:30–7:00 p.m.; men-only evenings on Tuesdays, 3:30–7:00 p.m.; outreach, Monday to Friday, 10:00 a.m.–2:00 p.m.

Unison Health and Community Services

1541 Jane Street (JT Site), 1651 Keele Street (KR Site) and 12 Flemington Road (LH Site), Toronto

<https://unisonhcs.org/service/harm-reduction-drop-in/>

Tel.: 647 884-0684 (JT Site), 647 999-3094 (KR Site) and 647 268-5321 (LH Site)

Services: Provides safer drug use and safer sex supplies, naloxone kits, harm reduction education, referrals and support; low-barrier, anonymous service—no registration required

Eligibility: Open to all

Hours: Hours vary by location; staff may be available outside drop-in hours, and if not, injection and stem kits can be picked up at reception or from screeners

Health Centre, Hospital-Based and Public Health Harm Reduction Services

Black Creek Community Health Centre

Yorkgate Mall, 1 Yorkgate Boulevard, Suite 202, Toronto

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

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

info@bcchc.com

Services: Drop-ins, treatment programs, one-on-one support, addictions counselling and wellness kits, harm reduction and free naloxone training sessions

Eligibility: Must be registered clients at the Black Creek Community Health Centre; can self-refer if you live in the service area or registered through your primary care provider

Fees: Free

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LAMP Community Health Centre

156 Sixth Street (St. Margaret 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-ins, including street outreach, harm reduction supplies, kit making, safe disposal of supplies, condom distribution; sex worker supports; workshops and peer-based services; volunteer opportunities and referrals; access to bathrooms, showers and laundry

Hours: Tuesdays, Wednesdays and Thursdays, 10:00 a.m.–1:00 p.m., and Fridays, 10:00 a.m.–5:30 p.m.

Parkdale Queen West Community Health Centre

1229 Queen Street West and 168 Bathurst Street, Toronto

<https://pqwchc.org/programs-services/harm-reduction/>

Tel.: 416 804-8482, ext. 2125

Services: Harm Reduction Program for client support, system navigation, crisis de-escalation, community harm reduction training and presentations, naloxone training, community development and health promotion; Supervised Consumption Services (SCS); Harm Reduction rooms to provide a safe and welcoming environment to discuss safer drug use and safer sex practices, and/or get referrals to other programs and supplies

Eligibility: Open to all, drop-in based

Fees: Applicable where necessary

Sherbourne Health Centre

333 Sherbourne Street, Toronto

<https://sherbourne.on.ca>

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

info@sherbourne.on.ca

Services: Free training and naloxone kits, harm reduction cabinet with free supplies available 24/7; peer navigation program; primary health care services through a family health team; mental health counselling for people who have experienced trauma; a walk-in therapy clinic; HIV services that include primary care and a 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; health promotion and resource database for lesbian, gay, bisexual and transgender persons through the Rainbow Health Network

Hours: Take Home Naloxone Program at Sherbourne on a drop-in basis on Mondays, Tuesdays and Wednesdays, 1:00–4:00 p.m.; Thursdays, 9:30 a.m.–12:00 p.m.; and Fridays, 1:00–4:00 p.m. in Room 1080 on the first floor; kits are also available 24/7 in an outdoor harm reduction cabinet, located by the main entrance

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South Riverdale Community Health Centre

955 Queen Street East, Toronto

www.srchc.com

Tel.: 416 461-1925 or 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 Womens Harm Reduction Program: harm reduction information and materials distribution, needle exchange, counselling, case coordination, support for women working in the sex trade and using illicit drugs

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

Fees: Free

Languages: English, Mandarin, Cantonese, Tamil, Bengali (interpreters available)

AIDS Organizations Providing Harm Reduction Services

Asian Community AIDS Services (ACAS)

260 Spadina Avenue, Suite 410, Toronto

<https://acas.org>

Tel.: 416 963-4300

info@acas.org

Services: Support programs, including 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 people who identify as LGBTQ and people living with HIV/AIDS

Fees: Free

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

Black Coalition for AIDS Prevention

20 Victoria Street, 4th floor, Toronto

<https://blackcap.ca>

Tel.: 416 977-9955

info@black-cap.com

Services: Street outreach, drop-in for people with substance-use problems and people who are under-housed; school- and community-based workshops on harm reduction and substance use; bimonthly Harm Reduction Drop-in for ACB substance users; distribution site to Toronto Public Health for the circulation of safer inhalation and injection equipment kits through weekly outreach in neighbourhoods; free HIV self-testing kits available

Eligibility: Black, African and Caribbean communities in the GTA

Fees: Free

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Toronto People with AIDS Foundation

163 Queen Street East, 2nd Floor, Toronto

www.pwatoronto.org

Tel.: 416 506-1400

info@pwatoronto.org

Services: Offers fresh produce and groceries, pet food, baby items, emergency food bags, new home start-up kits, peer and professional food and nutrition workshops and vet services, harm reduction and safer-sex supplies (available on the second floor during office hours and/or at the Essentials Market during market days)

Eligibility: People who are HIV positive and residing in Toronto are eligible to become community members through an intake appointment

Fees: Free

Hours: Essentials Market open Wednesdays and Thursdays, 2:00–7:00 p.m., and Fridays, 12:00–5:00 p.m.

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: Women's 24/7 Drop-in low-barrier program offering essential support to women in need of emergency shelter, clothing, food and hygiene products; provides comprehensive harm reduction support; 145 Queen Street East serves two low-cost meals, Monday to Friday, 10:00–11:30 a.m. for brunch and 4:00–5:30 p.m. for dinner; 40 Oak Street in Regent Park serves free meals with breakfast on Monday to Friday and lunch on Mondays, Tuesdays, Thursdays and Fridays

Eligibility: Women, age 18+, without children, who are experiencing homelessness or marginally housed

Fees: Free

LOFT Community Services – 416 Community Support for Women

416 Dundas Street, East, Toronto

<https://loftcs.org/support/womens-health-support-416/>

Tel.: 416 928-3334

info@loftcs.org

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

Eligibility: Women of all ages with addiction and/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 by location through the Access Point by downloading a form on the LOFT website or by self-referral (calling in)

Languages: Services in client's preferred language might be available upon request

Fees: Free

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Sistering

962 Bloor Street West, Toronto

<https://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 materials; self-help initiatives; provide referrals to government and counselling services and other health agencies; harm reduction services for HIV/AIDS and hepatitis C

Eligibility: Women in Toronto who are experiencing the effects of poverty, marginalization and substance use and/or mental health problems; sex workers; immigrant and refugee women; women without legal status; women who have experienced violence and trauma

Fees: Free

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

Ve'ahavta

4100 Chesswood Drive, Unit 1, Toronto

<https://veahavta.org>

Tel.: 416 964-7698

info@veahavta.org

Services: Two Mobile Jewish Response to Homelessness (MJRH) vans deliver food, clothing, harm reduction and hygiene supplies; care management for people experiencing homelessness

Hours: The outreach vans operate Monday to Friday, 6:00–11:00 p.m., and on weekends, 2:00–7:00 p.m.

Fees: Free

Activist and Advocacy Groups

Harm Reduction Action Collective (HRAC) Toronto

www.hractoronto.net

Instagram: @hac_toronto

Services: A Toronto-based collective of harm reduction workers, people who use drugs (PWUD) and allies organizing to protect harm reduction and fight for drug-use liberation

Moms Stop the Harm

www.momsstoptheharm.com

info@momsstoptheharm.com

Services: Moms Stop the Harm advocates for compassionate drug policy reform by challenging laws and policies that perpetuate the unregulated drug-poisoning crisis in Canada; they work to end the stigma surrounding substance use and reduce the associated harms and deaths through public education, advocacy and support for affected families

Ontario Network of People Who Use Drugs

<https://onpud.ca>

OntarioNetworkPWUD@gmail.com

Services: Non-profit led by people with lived and living experience of substance use, working across knowledge translation, research and community development; their work bridges evidence and action while centring the voices of those directly impacted to foster inclusive, community-driven change

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Toronto Harm Reduction Alliance

<https://torontoharmreductionalliance.ca>
thralliance@gmail.com

Services: A community-driven organization dedicated to improving the lives of people who use drugs by confronting stigma, inequality and discrimination; through advocacy, education and grassroots organizing, they work to build a more just and inclusive society where every individual is treated with dignity, empowered to thrive and afforded equal opportunity and respect

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 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.

Casey House

119 Isabella Street, Toronto
<https://caseyhouse.ca>
 Tel.: 416 962-7600

Hours: Monday to Friday, 10:00 a.m.–8:00 p.m. (last entry at 7:00 p.m.)

Notes: Currently accepting new clients (for use by Casey House patients only)

Fred Victor

139 Jarvis Street, Toronto
www.fredvictor.org
 Tel.: 416 364-8228

Hours: Monday, 8:00 a.m.–10:00 p.m.; Tuesday to Sunday, 7:30 a.m.–7:00 p.m.

Moss Park Consumption & Treatment Service, South Riverdale Community Health Centre

134 Sherbourne Street, Toronto
www.srchc.ca/programs/community-health/consumption-and-treatment-service-moss-park/
 Tel.: 416 546-3984
srhc@srhc.com

Hours: Tuesday to Saturday, 10:30 a.m.–10:00 p.m. (last call is typically 1 hour before close)

Notes: Drug-checking collection site

Parkdale Queen West Community Health Centre

1229 Queen Street West, Toronto
<https://pqwchc.org/programs-services/harm-reduction/supervised-consumption-services-scs/>
 Tel.: 416 537-2455
bbeaton@pqwchc.ca

Hours: Mondays, Tuesdays and Thursdays, 9:00 a.m.–8:00 p.m.; Wednesdays, 1:00 a.m.–8:00 p.m.; Fridays, 9:00 a.m.–5:00 p.m.; Saturdays and Sundays, 10:00 a.m.–6:00 p.m. (last call is 30 minutes before closing)

Notes: Drug-checking collection site

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Street Health

338 Dundas Street East, Toronto

<https://streethealth.ca/services/overdose-prevention-site-ops/>

Tel.: 416 921-8668

Hours: Mondays, Wednesdays, Thursdays and Fridays, 9:30 a.m.–4:30 p.m.; Tuesdays, 11:00 a.m.–4:30 p.m.

Notes: Drug-checking collection site

Needle Drop Box Services

Casey House

119 Isabella Street, Toronto

Fred Victor

145 Queen Street East

Queen Street East & Jarvis Street

Parkdale Queen West Community Health Centre

150 Tecumseth Street

Queen Street West & Bathurst Street

St. Michael's Hospital

30 Bond Street

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

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

Toronto Public Library – Parliament

269 Gerrard Street East

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