

HARM REDUCTION

Where to go when you're looking for help

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 may be harmful.

A harm reduction approach involves working with the person using substances so that they use 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 to 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, naloxone kit distribution to temporarily reverse opioid overdoses and supervised injection sites.

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

Many community pharmacies provide free naloxone kits and training for anyone with a valid Ontario health card. Clients may request injectable or intranasal naloxone—both are now covered by the Ontario government.

Agincourt Community Services Association

4155 Sheppard Ave. E., suite 100, Toronto, ON

www.agincourtcommunityservices.com

416 321-6912

Services offered: Harm reduction supplies and service (mobile and fixed site) providing clean needles, crack pipes and condoms; addiction and housing workers; medical clinic; street outreach (seven days a week, 9:00 a.m.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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to 5:00 p.m.); outreach to clients involved in sex work in massage parlours and micro-brothels in Scarborough; distribution of safer sex tools; can accompany sex trade workers to sexual health clinics for HIV and STI testing
Languages: English, Arabic, Mandarin, Cantonese, Tamil, Macedonian

All Saints Church-Community Centre

315 Dundas St. E., Toronto, ON

www.allsaintstoronto.com

416 368-7768

Services offered: Harm reduction supplies, needle exchange, sex worker drop-in and services

Eligibility: People who are homeless or street-involved

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

Breakaway Addiction Services

21 Strickland Ave., Toronto, ON

www.breakawayaddictions.ca

416 234-1942 ext. 255 (harm reduction outreach)

Services offered: Street outreach, counselling, needle exchange, harm reduction supplies, free condoms

Eligibility: People 12 years and older who use substances and are street involved or in conflict with the law

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

1001 Queen St. W., Toronto, ON

www.camh.ca

416 535-8501, option 2 (Access CAMH); ask for information about the COMPASS resource room

Services offered: Holistic addiction medicine, interprofessional supports to clients, a resource room that offers harm reduction supplies (e.g. condoms, clean syringes, filters, cookers, pipes, sterile water) to any member of the public

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

Eva's Satellite

25 Canterbury Pl., Toronto, ON

www.evas.ca/where-we-are/evassatellite

416 234-1942 (main number), 647 838-1189 (community outreach worker)

Services offered: Counselling, life skills training and healthy recreation programs

Eligibility: Homeless youth

519 Community Centre

519 Church St., Toronto, ON

www.the519.org

416 392-6878 ext. 4000

Services offered: Time-limited counselling, meals, support groups, resource centre

Eligibility: Open to all

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Syme Woolner Neighbourhood and Family Centre

2468 Eglinton Ave. W., unit 3, Toronto, ON

www.symewoolner.org

416 766-4634

Services offered: Information and referral, HIV/AIDS harm reduction program, outreach to people who use injection drugs, outreach to people who are homeless

Eligibility: Open to all

Languages: English, Spanish, Punjabi, Portuguese, Somali, Vietnamese

2-Spirited People of the 1st Nations

145 Front St. E., suite 105, Toronto, ON

www.2spirits.com

416 944-9300

Services offered: HIV/AIDS education and prevention including distribution of condoms, lubricant and needle exchange; same sex domestic violence information and referrals; Aboriginal resources

Eligibility: LGBT+ people of Aboriginal ancestry, including those living with HIV/AIDS

Languages: English, Ojibway

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

Black Creek Community Health Centre

Yorkgate Mall, 1 York Gate Blvd., unit 202, Toronto, ON

www.bcchc.com

416 246-2388 ext. 3237, 416 993-8810 (Bridges to Moms)

Services offered: Counselling and case management, mobile and outreach services, assessment, information and referral, parenting programs, sexual health clinics at Sheraton Mall and Yorkgate Mall

Eligibility: Pregnant women and mothers with substance use issues

LAMP Community Health Centre

185 5th St., ground floor, Toronto, ON

www.lampchc.org/ask

416 252-9701 ext. 287 (harm reduction services co-ordinator)

Services offered: Drop-in centre (Mondays and Wednesdays from 8:30 a.m. to 2:30 p.m., September to June) for meals, showers, hygiene products, harm reduction supplies, pet food, computer and phone access; harm reduction clinic drop-in (second Thursday of each month from 9:30 to 11:30 a.m.) for harm reduction supplies and information and free anonymous HIV testing

Eligibility: Must live in south/central Etobicoke for most services

Languages: English, Spanish, Russian, Farsi

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Parkdale Community Health Centre

1229 Queen St. W., Toronto, ON

www.pchc.on.ca

416 537-2455 ext. 1312 and 1313

Services offered: Harm reduction drop-in for people with substance use problems and sex workers: distributes clean supplies and provides health promotion, referrals, food and community outreach; a harm reduction kit-making group Tuesdays at 1:00 p.m. (registration required, TTC tokens and a light meal provided); anonymous HIV testing; case management; ID clinic (to help apply for ID) offered monthly

Eligibility: Priority to people who encounter barriers to high-quality health care services including newcomers, racialized communities, people who are homeless or living near the street, people with mental health challenges and addictions, people living with visible and invisible disabilities, isolated older adults, LGBTQ communities, people living in poverty

Languages: English, Spanish, Portuguese, Tamil

Parkdale Queen West Community Health Centre

168 Bathurst St., Toronto, ON

www.ctchc.com

416 703-8482

Services offered: Harm reduction services, including anonymous HIV testing by appointment, education workshops, needle exchange, Hepatitis C program, one-to-one counselling, referrals and advocacy (Monday-Friday 1:30 to 3:30 p.m.), street outreach

Eligibility: For most services (except harm reduction or dental), people must live in catchment area (bordered by Bloor Street and Yonge Street, and Lakeshore and Parkside Drive); catchment criteria does not apply to people who are homeless or Indigenous peoples

Languages: English, Spanish, Portuguese, Mandarin, Cantonese

Sherbourne Health Centre

333 Sherbourne St., Toronto, ON

www.sherbourne.on.ca

416 324-4100

Services offered: 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, 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

Eligibility: Focus on people who are underhoused, homeless or have a low income; people who identify as lesbian, gay, bisexual or trans (LGBTQ); newcomers to Canada

South Riverdale Community Health Centre

955 Queen St. E., Toronto, ON

www.srchc.com

416 461-1925 (main office); 416 461-1925 ext. 347 (daytime), 416 451-1951 (evening)

Services offered: Outreach walk-in clinic for people who are homeless or have addiction or mental health issues on Tuesdays and Thursdays from 2:00 to 4:00 p.m.; COUNTERfit Harm Reduction Program: harm reduction

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information and materials distribution, needle exchange, counselling, case co-ordination, 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

Languages: English, Mandarin, Cantonese

St. Michael's Hospital Emergency

1 Shuter St., Toronto ON

www.stmichaelshospital.com

Services offered: Harm reduction kits available through the hospital emergency department

Toronto Public Health – The Works Program

277 Victoria St., Toronto ON

www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works
416 392-0520

Services offered: Harm reduction supplies and counselling, opioid substitution program that includes methadone and suboxone, POINT program that provides training on how to administer naloxone and includes a take-home naloxone kit, HIV testing and vaccination, The Works Van that provides mobile outreach Monday to Saturday from 6:30 to 11:30 p.m.

AIDS Organizations Providing Harm Reduction Services

Asian Community AIDS Services (ACAS)

260 Spadina Ave., suite 410, Toronto, ON

www.acas.org

416 963-4300

Services offered: 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 people who identify as LGBTQ; people living with or affected by HIV/AIDS

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

Black Coalition for AIDS Prevention

20 Victoria St., 4th floor, Toronto, ON

www.blackcap.ca

416 977-9955

Services offered: Inhalation and injection kit exchange, 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

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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

200 Gerrard St. E., 2nd floor, Toronto, ON

www.pwatoronto.org

416 506-1400

Services offered: Treatment and therapeutic programs (harm reduction information and supplies), support programs, food programs

Eligibility: Adults living with HIV/AIDS

Women-Only Harm Reduction Services

LOFT Community Services — 416 Community Support for Women

416 Dundas St. E., Toronto, ON

www.loftcs.org/programs/supports-for-adults

416 928-3334

Services offered: Health and wellness program with case management, medical clinic Tuesdays and Thursdays from 2:30 to 6:00 p.m., drop-in program (with breakfast and lunch), food bank

Eligibility: Women of all ages with addiction and/or mental health issues, but primarily women 16 years and older; except for the drop-in, clients must go through an intake process for each program

Referral: Women can be referred through Access Point by downloading a form on the LOFT website or by self-referral (calling in)

Fred Victor, Women's Drop-In

67 Adelaide St. E., Toronto, ON

www.fredvictor.org/womens_24/7_drop-in_program

416 392-9292

Services offered: 24/7 drop-in centre that includes daily necessities such as food, rest, clothing and toiletries; referrals to doctors, dentists and legal aid; recreational programming

Eligibility: Women of all ages

Sistering

962 Bloor St. W., Toronto ON

www.sistering.org

416 926-9762, 926-1956 (drop-in)

Services offered: Peer harm reduction workers make and distribute harm reduction kits and educational materials, provide referrals to other health agencies and counselling services and help deliver programs through their 24/7 drop-in and outreach programs

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

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Ve'ahavta

200 Bridgeland Ave., unit D, Toronto, ON

www.veahavta.org

416 964-7698

Services offered: Van delivers food, clothing, harm reduction and hygiene supplies and provides supportive case management for people who are homeless (Monday to Thursday, 6:00 p.m. to midnight, and Sunday from noon to 6:00 p.m.)

Eligibility: People of all faiths who are marginalized by poverty

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.

The Works — Toronto Public Health

277 Victoria St., Toronto, ON

416 338-7600

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations>

Services offered: The Works supports almost 50 programs in Toronto by providing harm reduction supplies and services (see the link above for a list of agencies that can be contacted directly about hours, locations, services and supplies)

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