Resources and Supports

If you or someone you know is using substances, support is available. Whether you are seeking harm reduction supplies, treatment, cultural supports, or someone to talk to, you do not have to navigate it alone.

Indigenous Resources

- **Ontario Federation of Indigenous Friendship Centres (OFIFC)**

  Contact your local Friendship Centre if you require support in finding resources.

  Find a Friendship Centre - OFIFC

- **Toronto Indigenous Harm Reduction (TIHR)**

  Indigenous-led, community-based harm reduction organization providing outreach, harm reduction supplies, advocacy, and culturally grounded support for Indigenous people in Toronto.

  https://www.facebook.com/TorontoIndigenousHarmReduction

- **Hope for Wellness Help Line**

  24/7 culturally competent counselling and crisis intervention for Indigenous Peoples across Canada.

  https://www.hopeforwellness.ca

Ontario Harm Reduction & Mental Health Resources

- **ConnexOntario**

  Free information and referrals for mental health, substance use, and problem gambling services across Ontario.

  1-866-531-2600 https://www.connexontario.ca

- **Naloxone Ontario**

  Find free naloxone kits and training locations across Ontario.

  https://www.ontario.ca/page/get-naloxone-kits-free

- **Canadian Mental Health Association (CMHA)**

  Mental health and substance use information and local services.

  https://cmha.ca

- **Canadian Centre on Substance Use and Addiction (CCSA)**

  Research, evidence, and resources on substance use, harm reduction, and overdose prevention.

  https://www.ccsa.ca

If someone may be experiencing an overdose

- Call 911 immediately.
- Administer naloxone if available.
- Stay with the person until emergency responders arrive.