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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.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

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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

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

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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

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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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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

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**St. Michael’s Hospital Emergency**

1 Shuter St., Toronto ON  
www.stmichaelshospital.com  
**Services offered:** Harm reduction kits available through the hospital emergency department

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**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.

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**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

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**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

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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