

## Events/Programs

### Leeds, Grenville Mental Health Open Access Program

If you need to talk, we're here to listen  
Walk – Ins Welcome

Mondays – Kemptville – 2671 Concession St.

Tuesdays – Gananoque – 21 B Mill St.

Wednesdays – Prescott – 360 Dibble St. W.  
3rd Floor

Thursdays – Brockville – 25 Front St. W, Suite 1

Fridays – Delta – 18 King St.

### Change Health Care

Methadone Maintenance Treatment,  
Self Referral, Treatment for Opioid use

*Smiths Falls Office* - 13 William St. W

(613) 283-0359

*Brockville Office* - 244 King St. W. (Rear Door)

(613) 423-2424

**CPHC Mobile Unit** travels throughout  
the Leeds, Grenville and Lanark area.

Call 613-803-1710 for an appointment.



COMMUNITY  
**HARM**  
reduction  
Steering Committee



**smartworks**



## LOCATIONS & TIMES

- 1 Brockville Health Unit  
458 Laurier Blvd.  
Mon – Fri: 8:30 - 4:30
- 2 Smiths Falls Health Unit  
25 Johnston St.  
Mon – Fri: 8:30 - 4:30
- 3 Change Health Care  
Smiths Falls  
13 William St. W.  
Mon - Fri: 8:00 - 4:00  
Sat, Sun, Public Holidays:  
9:00 - 12 noon
- 4 Gananoque Health Unit  
375 William St. S.  
Mon – Fri: 8:30 - 4:00
- 5 Gananoque Pharma Save  
220 King St. E.  
Mon – Fri 8:00 - 7:00  
Sat: 9:00 - 5:00  
Sun: 10:00 - 4:00
- 6 Kemptville Health Unit  
2675 Concession Rd  
Mon – Fri: 8:30 - 3:30
- 7 Perth Clinic  
(Health Unit)  
1 Sherbrooke St. W.  
Mon: 10:30 – 4:00
- 8 Almonte Clinic  
(Health Unit)  
79 Spring St.  
Tues & Thurs:  
9:00 - 12 noon  
and 1:00 - 4:00
- 9 Change Health Care  
Brockville  
244 King St. W.  
Tues and Fri:  
8:00 - 4:00
- 10 Carleton Place  
Shopper's Drug Mart  
315 McNeely Ave.  
Mon - Sun:  
8 am - midnight
- 11 CPHC  
Mobile Unit  
For a schedule call:  
613-803-1710

### Dates Closed

Health Unit sites 1 2 4 6 7 8 :

- ▶ Friday, April 3, 2015
- ▶ Monday, April 6, 2015
- ▶ Monday, May 18, 2015



MAR 2015

# HEAD SPACE

**News & Information**  
you may want to know  
**TO KEEP YOU SAFE**

### SERVICES:

- All Services are Free & Confidential
- Pick Up and Return Injection/  
Inhalation Drug Using Equipment
- Education, Referrals and  
Counseling Offered
- Free Condoms and Safer Sex  
Information
- Receive your Hepatitis A, Hepatitis B,  
Tetanus and MMR Vaccines  
(Brockville Health Unit Site & Smiths  
Falls Change Health Care Site ONLY)
- Revive Overdose Response Program  
(Naloxone)

### CONTACT US:

- 1-800-660-5853
- [harmreduction@healthunit.org](mailto:harmreduction@healthunit.org)
- [www.healthunit.org/harmreduction](http://www.healthunit.org/harmreduction)

## ■ Equipment

### Needles/Syringes

Using a **NEW** needle and syringe every time will prevent you from getting HIV and Hepatitis C. Hepatitis C is 10 times more infectious than HIV. Using a used needle (including your own) increases your chance of getting an infection of the skin and damaging your veins. You should try to take enough new needles with you, so that you have a new needle ready every time you use.

**Smart Works** does not put limits on the amount of needles you can take. You can also stop vein damage by using the proper size of needle for the drug you are taking and for where you are injecting that drug into your body. **Smart Works** staff can help you decide what is the best size for you.



## ■ Take Care of Yourself

### Abscesses

Is a pocket of pus. Pus means you have an infection.

#### Care at Home if:

- It has no red streaks or hot puffy skin around it.
- No chills or fever.
- Lump is a few days old.

#### How?

- Soak the abscess in a tub of clean hot water to draw infection out.
- Use a clean, hot washcloth if abscess can't be soaked in a tub.
- Hot water with Epsom salts works best.
- Repeat at least 3 - 4 times a day for 10 - 15 minutes each time.

**NEVER TRY TO OPEN AN ABSCESS YOURSELF, ONLY A TRAINED MEDICAL PROFESSIONAL SHOULD DO THIS.**

#### Seek Care from a Medical Professional if:

- No improvement in 3 - 5 days.
- Lump gets bigger.
- Red streaks spreading out from the lump.
- Lump is hot, puffy and pink.
- May need antibiotics, finish all the antibiotics.

#### Go to the Emergency Room if:

- You have chest pains.
- You have chills or a fever.
- The infection is spreading really fast.

## ■ News

... things you should know

### Inject safely

#### Make Your Next Hit Easier By:

- Drinking lots of water. Being dehydrated makes your veins shrink and harder to find. Drink at least 8 glasses of water a day.
- Try and find a warm place to use. Heat helps your veins rise to the surface.
- Pump your fist or swing your arms around will help blood to circulate.

## ■ Now Available

### Naloxone Kits

You can get naloxone training now at any of our health unit sites. The training takes about 30 minutes and you will be given a training guide, 2 ampoules of Naloxone and the equipment needed to give the Naloxone. Naloxone will reverse opioid (Morphine, Dilaudid, Fentanyl, etc.) overdoses.

Call Jennifer for more information or to book an appointment:  
**(613) 283-2740 ext. 2415**