

<b>Pharma Plus</b> 109 Dundas St. E. TRENTON	<b>Hastings &amp; Prince Edward Public Health</b> 499 Dundas St. W. TRENTON
<b>New Beginnings Support Center</b> 76 Dundas St. W. TRENTON	<b>Rexall Pharma Plus</b> 97 Main St. PICTON
<b>Wellington Pharmacy</b> 274 Main St. WELLINGTON	<b>Change Health Care</b> 266 Main St. (rear door) PICTON
<b>Balu's Pharmacy</b> 9-D Tuftsville Rd. STIRLING	<b>Johnston's Pharmacy</b> 36 Durham St. S MADOC
<b>Dellar's IDA</b> 249 Victoria St. N. TWEED	<b>Marmora Medical Centre</b> 1 Madoc St. MARMORA

**For more information about the Needle Exchange Program call:**  
613-966-5513 ext 349 or long distance: 1-800-267-2803 ext 349  
Monday to Friday, 8:30 am to 4:30 pm

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**"Harm reduction** is a set of practical strategies that when applied to injection drug use reduces the harmful consequences. It does not judge drug users, and aims at improving the overall well being of drug users. It includes strategies for safer use, managed use and abstinence. Harm reduction strategies meet drug users 'where they are at', addressing personal and societal conditions leading to use, along with, the use itself."

As adopted by the Task Force—Hastings and Prince Edward  
DISTRIBUTED BY THE HARM REDUCTION TASK FORCE

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# LINK CARD



**Harm Reduction,  
Drug and  
Alcohol Services**

**Hastings & Prince Edward Counties**

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## Needle Exchange Sites:

Obtain new needles, equipment & sharps containers for safe disposal of used needles. Sharps containers can then be returned to any site.

<b>Hastings &amp; Prince Edward Public Health</b> 179 North Park St. BELLEVILLE	<b>Hastings &amp; Prince Edward Public Health</b> 1 Manor Lane Unit 1 BANCROFT
<b>Belleville &amp; Quinte West CHC</b> 161 Bridge St. W BELLEVILLE	<b>Bancroft Support Center</b> 23 Bridge St. W. BANCROFT
<b>Loyalist College Student Health</b> College Community only BELLEVILLE	<b>Shoppers Drug Mart</b> 118 Hastings St. N. BANCROFT
<b>Freedom Support Center</b> 350-C3 Front St. BELLEVILLE	<b>North Hastings Family Pharmacy</b> 51 Hastings North BANCROFT
<b>Rexall Pharma Plus</b> 173 Dundas St. E. BELLEVILLE	

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## Harm Reduction, Drug and Alcohol Services

Important: Not all services may be listed  
Those that are listed will help connect you to the services you need.

### HELP LINES

**Crisis Line** 613-310-OPEN (310-6736) (Open 24 hours/ 7 days per week)

- Free confidential support for all mental health and addictions needs in Hastings & Prince Edward Counties

**AIDS & Sexual Health Main Line—Injection Drugs** 1-800-686-7544

**Motherisk HIV Healthline** 1-888-246-5840

**Motherisk Alcohol and Substance Use Help Line** 1-877-327-4636

**Information Hotline (Volunteer & Information Quinte)** 613-969-8862

### LOCAL SERVICES

**Addiction Centre—Hastings / Prince Edward Counties Inc.**  
613-969-0077 - assessment and treatment

**Alcohol & Substance Misuse Prevention Program, Health Unit**

613-966-5513, ext. 213 1-800-267-2803, ext. 213  
Information and referrals

**CFB Trenton Addiction Counselor**

613-965-3774

**Change Health Care**

613-476-3636 - Methadone Maintenance Program

**Ontario Addiction Treatment Centre**

613-969-7862 - Methadone Maintenance Program

**Ontario Works Addiction Service Initiative,**

Prince Edward Co. 613-476-2842, ext. 130

**Ontario Works Intake Access Center, Hastings County**

613-771-9630 - Emergency Financial Assistance  
1-866-414-0300 toll free

**Needle Exchange Program**

613-966-5513, ext 620 - many locations (see flip side)

**Sexual Health Clinics, Health Unit**

1-800-267-2803 ext 243 toll free

613-966-5513, ext 243 (Belleville)

613-332-4555 (Bancroft)

HIV, Hep B & C, STI testing, free Hep A & B vaccine,  
pregnancy testing, birth control, condoms, emergency  
contraceptive pill

**Sexual Assault Centre for Quinte & District (24 hours)**

613-967-6300

**Community Well-Being—Thayendanega Health Centre**

613-967-3603 - Referrals and counseling

**Telehealth**

1-866-797-0000

Free access to a Registered Nurse 24 hours/7 days per week

**UNDUN (United Networkers of Drug Users Nationally)**

613-336-3428 - deb@undun.org www.undun.org

### SELF HELP

**Narcotics Anonymous**

Website: <http://www.na.org>

### REGIONAL SERVICES

**Detox Center, Kingston -** 1-888-795-6688

**HIV/AIDS Regional Services (HARS)** 1-800-565-2209

Counseling, referral, support, condoms, clean needles & works

**Street Health Centre, Kingston CHC** 613-549-1440

Methadone, health care, counseling, referrals, clean works

**Centre for Addiction and Mental Health** 1-800-463-6273

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