

SYRINGE EXCHANGE HOURS

Monday 2-4pm
Wednesday 11 am-1pm
Friday 2-4pm

615 Sheridan St
(next to QFC)

bus stop:
#4 Upper Sims Loop
(Sims and Hendricks)

**Naloxone (overdose
reversal medication)
is available any time
during normal
business hours**

**Monday - Friday
9 AM - 4:30 PM**

WANT SUPPORT?

SAMHSA's National Helpline

free, confidential helpline open 24/7
1-800-662-HELP (4357)

National Alliance on Mental Illness

in-person and virtual support groups
www.namiwa.org

Washington Recovery Help Line

anonymous, confidential
24-hour help line for
Washington State residents
1.866.789.1511

615 SHERIDAN ST

PORT TOWNSEND, WA 98368

360-385-9400

WWW.JEFFERSONCOUNTYPUBLICHEALTH.ORG



HARM REDUCTION SERVICES



Anonymous and confidential

WHAT YOU CAN EXPECT

- Private, non-judgmental staff
- New, clean supplies for using drugs
- Syringe containers and a place to get rid of used syringes
- Safety and personal hygiene supplies
- Referrals for other harm reduction and treatment services in the county

WHAT CAN CAUSE AN OVERDOSE?

Using again after your tolerance has dropped (detox, jail, treatment). Start at a lower dose.

Drugs that are stronger than you're expecting. Do a test shot with new batches. Go slow.

Mixing opioids with other drugs or alcohol.

Using opiate pain medicine more often or at higher dose than prescribed for you.

Using someone else's opiate pain medicines.

Using alone. You're more likely to die if no one is there to help you.

**NALOXONE CAN HELP
REVERSE AN OVERDOSE**

SIGNS OF AN OVERDOSE

Overdose can happen fast or take a few hours.

A person might start out in a really heavy nod, then go fully out and not wake up.

Look for:

- Won't wake up
- Pale, gray skin
- Blue lips or fingertips
- Slow or no breathing
- Gurgling, gasping, snoring

**THIS IS AN EMERGENCY!
CALL 911**

The Good Samaritan Law protects you and the person overdosing from drug possession charges.