

**OUR SERVICES ARE FREE,  
CONFIDENTIAL, SUPPORTIVE  
AND GUIDED BY YOU.**

## **WHAT ARE OPIOIDS?**

Opioids are narcotic pain killers that are derived from the opium plant. They may be produced naturally (opiates) or synthetically.

In addition to being very effective pain-killers, they are strong sedatives. Tolerance develops quickly, requiring those using the drug to increase the dose in order to achieve the same effects.

For those who use opioids, the risk of accidental overdose is high. Taking too much of an opioid will significantly slow breathing and can be fatal.

When stopped suddenly, severe withdrawal symptoms can result such as nausea, vomiting, diarrhea, cramping, and muscle / bone aches.

## **COMMON OPIOIDS:**

- OxyContin / oxycodone / OxyNEO
- Morphine, Hydromorphone
- Percocet, Fentanyl, Dilaudid
- Codeine (Tylenol 1, 2 & 3)
- Heroin
- Methadone

**YOU define the  
goals.**

**We help you  
reach them.**

**Call us:  
1-855-211-0898**



The Opioid Outreach & Treatment

**OPIOID OUTREACH &  
TREATMENT  
SERVICES**



**YOU define the goals.**

**WE help you reach them.**

**CALL US:  
1-855-211-0898**

## MISSION STATEMENT

To foster hope and provide comprehensive, person-centred, holistic services to those affected by opioid use.

## WHAT IS OPIOID OUTREACH & TREATMENT SERVICES?

These services bring together a team of dedicated clinicians and peer workers to offer a wide range of services across Mississauga-Halton to those who are using opioids, and their families / significant others.

We understand that people begin using opioids for many reasons and that, for some, this may begin to feel unmanageable over time.

We offer specialized services to:

- **Anyone** who is using / has used opioids
- **Women** who are pregnant and/or parenting children 6 or younger
- **Family / significant others** of those using opioids

Our mobile outreach team can arrange to meet you in a safe location of your choice, as well as at our offices.

## HOW CAN WE HELP?

Our counselling, information and support services are offered from a **harm reduction** perspective and focus on:

- Promoting health and well being
- Providing unbiased information
- Prioritizing YOUR goals
- Preserving dignity

## SERVICES INCLUDE:

- Individual support & counselling
- Clinical nursing care
- Help to access other services
- Education and support to cope with chronic pain and illness (Hep C, HIV, etc.)
- Support to cope with stress and mental health issues
- Information about Methadone or Suboxone treatment
- Group counselling
- Residential treatment beds
- Help with related issues:
  - Relationships
  - Housing
  - Finances / income
  - Legal issues
  - Work / school
  - Etc.
- Education and support for the family and friends of those using opioids

## WHAT IS HARM REDUCTION?

**We understand that abstinence is not for everyone.**

Opioid use can affect your mental and physical wellbeing in a variety of ways. Harm reduction focuses on enhancing your health and well-being by ***preventing or reducing opioid-related harms***, rather than trying to prevent opioid use.

Whether you want help to improve your relationships, find stable housing, cope with stress / pain / illness, or access residential treatment services, we're here to help.

## CONFIDENTIALITY

All services offered through the Opioid Outreach & Treatment Services are confidential. We understand the sensitive nature of the care we provide and value your right to privacy.