



Follow the [Party Safer](#) tips below to reduce your risks and share these tips with your friends!

You don't need to drink alcohol or use substances to enjoy yourself at a party or an event!  
If you choose to consume:

## Know how to ID an OD

Overdoses can happen to anyone. [Learn](#) the signs and symptoms, and how to respond. Overdose deaths are preventable.

## Carry Naloxone

Any illegal substance such as MDMA or Cocaine can be cut with fentanyl or carfentanil. You can't see it, taste it, or smell it, and even the smallest amount (i.e. the size of a grain of salt) can cause an overdose. Click [here](#) to find out how to get a **free naloxone kit**.

## Have a Plan if Using Substances

An overdose is a medical emergency, if you are alone there will be no one there to help you. Some options include visiting one of several [Supervised Consumption Services](#). (for locations and times visit [stopoverdoseottawa.ca](#)), having a friend or family member with you, calling the National Overdose Prevention Line at 1-888-688-NORS (6677), or downloading and using the FREE [Brave](#) app for

anonymous harm reduction support (works with IOS and android phones).

## Plan a Safe Ride or Walk Home

Substances impair coordination, attention, judgement, and reaction time. All of these are important for keeping yourself and others injury free. Before consuming substances make plans with a responsible friend/family member for a ride home, or plan a ride with OC Transpo, or use a service like Uber, Lyft or taxi. If there is a well-lit route home, you can also plan to walk with trusted friends.

## Prevent STBBIs by using condoms and/or dental dams

If you are engaging in sexual activity, make sure you and your partner use a condom and/or an oral dam. This will help protect against Sexually Transmitted and Blood Borne Infections (STBBIs).

Order free condoms at [www.sexismart.ca](http://www.sexismart.ca)



## Only You Can Give Consent for Yourself

People who are under the influence of substances like alcohol, asleep, unable to understand what they are saying yes to, or under severe pressure are not able to consent freely and willingly to participate in a sexual activity.

## Stay with Friends You Trust and Look Out for Each Other

You can play an active role in keeping each other safer and preventing violence by choosing to respond safely to a potentially harmful situation. If you have a bad feeling, get help!

## Stick to One Substance at a Time

Using different substances together can increase impairment and risk of harms, such as overdoses, accidents, and injuries.

## Pace Yourself and Drink Water

Eat before consuming substances and have a drink of water for every alcoholic drink. It can take up to 2 hours to feel the effects of alcohol, so pacing yourself is important! Follow [Canada's Guidance on Alcohol and Health](#).

## Start Low and Go Slow

If you are using cannabis, it takes seconds to minutes to feel the effects of smoking or vaping but 30 minutes to 2 hours to feel the effects from edibles (eating or drinking). Start with a small amount and wait at least 30 minutes or more to feel the effects. Consider using products with lower amounts of THC and equal or higher amounts of CBD. Find out more at [Lower-Risk Cannabis Use Tips](#).

## Need help?

### [Mental Health and Substance Use Health Resources](#)

- Mental Health Crisis Line (24 hours a day/7 days a week) at 613-722-6914
- The Distress Centre Ottawa and Region 24/7 - 613-238-3311

### [Violence Prevention Resources](#)

- Sexual Assault and Partner Abuse Care Program (24 hours / 7 days a week)  
Phone: 613-798-5555 ext. 13770
- [The Link Ottawa](#)
- [Stop Overdose Ottawa](#)

Scan and go

