

PARTY SAFER

 **Public Health**
Santé publique

PartySafer.ca

Follow us on Instagram @OttawaHealthSante
for more #PartySafer tips and resources!

Tips to stay safer before, during, and after a night out, party, or event!

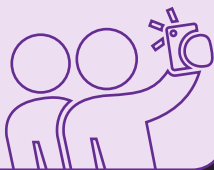


Plan a safe ride or walk to and from.

1

Stick to one substance at a time.

Stay with friends you trust and
look out for each other.



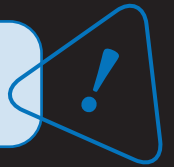
Start low, go slow and drink water.



NALOXONE

Don't use alone and carry naloxone.

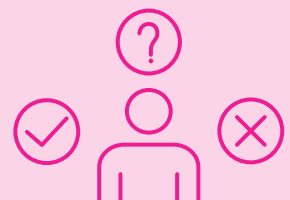
Know the signs of an overdose.



Practice safer sex and
understand consent.



Respect substance
use choices.



Take the **FREE**
Party Safer
Training at
PartySafer.ca!



Need Help?

- Life-threatening emergencies: Call 9-1-1.
- Mental Health Crisis Line: Call 613-722-6914 (within Ottawa) or 1-866-996-0991 (outside of Ottawa).
- National Overdose Response Service: Call or text 1-888-688-NORS(6677). Visit [NORS.ca](https://nors.ca) for more information.
- Mental Health and Wellness Resources: Visit OttawaPublicHealth.ca/MentalHealthandWellness for information on mental health, addictions, and substance use health resources.
- Suicide Crisis Helpline: Call or text 9-8-8.

