

If you or someone you care about is injecting drugs, resources are available to help keep you or your loved one safe.

- Syringe exchange
- Naloxone (heroin overdose antidote)
- Testing for HIV and Hepatitis C
- Referrals to medical and social services
- Information regarding drug treatment programs and recovery resources

Heroin may be stronger than you think.

To stay alive:

- **Don't use alone.** Have someone with you who can give you naloxone and call 911 to save your life.
- **Don't mix with other drugs or alcohol.**
- **Cut the amount you use at one time.** Fentanyl can be mixed with heroin, and it is up to 50 times stronger than heroin.

If you are using, you can call to get help. Call 211 for local treatment.

Vermont 211 is a free and confidential service available 24/7, serving Vermonters statewide with information and resources to help connect callers with hundreds of community resources.

Syringe exchange programs

We provide clean syringes, reducing the risk of acquiring and transmitting HIV and hepatitis C in individuals who are actively injecting drugs. We also offer naloxone (the heroin overdose antidote), sharps containers, and clean cookers, as well as referrals to medical and social services and drug treatments programs.

Free, confidential **HIV and Hepatitis C testing** is available before and after exchange hours by appointment. Drop-in testing is available during exchange hours if there are no people waiting.

These programs are located within well-established primary care medical clinics. They are **safe, free, and confidential**.

Springfield Health Center

100 River Street, Springfield, VT

At the reception are on the second floor, ask for Laura or Ryan.

Wednesdays 10:00 AM-12:00 PM (Please arrive by 11:45)

Good Neighbor Health Clinic

70 North Main Street, White River Junction, VT

Ask for Laura or Ryan.

Tuesdays 2:00-4:00 PM (Please arrive by 3:45)

Thursdays 9:00-11:00 AM (Please arrive by 10:45)

Questions? Contact Laura at 603-448-8887 or at Laura@H2RC.org.

Opioid overdose antidote is available

If **you or someone you know is using opioids or heroin**, Narcan/naloxone, the opioid overdose antidote, is available to you at the syringe exchange sites in Springfield and White River Junction (see reverse side for locations and dates).

Naloxone is provided as a single dose nasal spray. It is **provided at no cost** after a brief training.

Signs of an opioid over dose include:

- Slow or shallow breathing, or stopped breathing
- Blue or gray lips and fingernails
- Pale and/or moist skin
- Inability to wake up or respond

If someone you know is exhibiting these symptoms, **administer naloxone and call 911.**

For more information, please contact Laura at 603-448-8887 or at Laura@H2RC.org.

Testing Day HIV and Hepatitis C

We are holding a testing day for people who are at high risk of acquiring HIV or hepatitis C to be tested and learn their status.

You are at **high risk** if you have **injected street drugs**, or have ever **shared a needle, water for injection, or cookers with someone else.**

**Wednesday, October 25th
12:00-2:00 PM
Springfield Health Center
100 River Street in Springfield, VT**
At the reception desk on the second floor,
ask for Laura or Ryan.
No registration is required.

If you bring someone you know who is also at high risk to get tested, you will receive a **free \$15 gift card for gas.**

Testing is done with a finger stick blood test, and results are available in approximately 20 minutes. If the test is positive for HIV or hepatitis C, you will be referred for follow up testing and medical treatment.

Resources for Addiction Treatment and Recovery

Crisis Phone Numbers

Suicide Prevention Lifeline: (800) 273-8255

Clara Martin Center: (802) 295-1311

**Health Care & Rehabilitation Services of
Southeast Vermont:** (802) 295-3031

Online Resources

healthvermont.gov/adap/adap.aspx

Narcotics Anonymous (NA) - Vermont

www.gmana.org

(802) 773-5575

Turning Point Recovery Center of Springfield

7 Morgan Street

Springfield, VT 05156

(802) 885-4668

Upper Valley Turning Point

Second Wind Foundation

Secondwindfoundation.org

200 Olcott Drive

Wilder, VT 05088

(802) 295-5206

Second Growth

www.secondgrowth.org

205 Billings Farm Road, Bldg. 1

White River Junction, VT 05001

Call **211** for more information about local treatment and Vermont community resources.