



 **Student Wellness**

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Harm Reduction

Harm reduction tries to minimize the harms related to substance use and sexual activity.

Harm Reduction Centre

UVic's Harm Reduction Centre (HRC) helps you make informed and safer choices around sex and substance use. Our aim is to make it as easy as possible for you to access harm reduction supplies and educational materials at UVic.

We prioritize your safety and confidentiality.

Supplies

Free supplies available at the HRC include:

- Safer injection supplies
- Drug injection preparation supplies
- Safer snorting supplies
- Safer smoking supplies
- External condoms
- Internal condoms
- Lubricant
- Syringes
- Rubber gloves
- Sharps containers
- Nalaxone kits
- Fentanyl testing strips

Anonymous pick up



You're welcome to stop by the Student Wellness Centre when we're open to pick up supplies and information.

You can also use this [online form](#) to order supplies and request information from the HRC. We need a minimum of 24 hours to put together your order.

We won't ask you for ID when you order or pick up your supplies. Plus, supplies come in non-identifiable packaging.

Naloxone training

Naloxone is a medication that counters the effects of an opioid overdose and can save lives. The University of Victoria Students' Society (UVSS) offers [free naloxone training](#). Sessions are open to everyone and each participant receives a free naloxone kit.

You can also book a private appointment with a nurse to get Naloxone training and a kit.

Community Resources

[AVI Harm Reduction](#)

[Campus Pharmacy](#) - distributes naloxone kits

[Community Based Research Centre](#) - medicine bundle project to support Indigenous Two-Spirit well-being

[Drug checking services in Victoria](#)

[Get Checked Online](#) - STI testing. Use code: UVIC

[Martlet](#) - where to find harm reduction resources in Victoria

[Towards the Heart](#) - harm reduction information and map of sites





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