

Dope Guide

Sex work, drugs, alcohol
and other substances

This document is part of Stella's guide collection, which includes:

The XXX Guide / Guide XXX

Striptease

The Hepatitis C Virus / Virus de l'hépatite C

Dear Client / Cher client

Contributors

This guide was created with the help of many people—sex workers and ex-sex workers, drug users and ex-users, nurses, doctors and lawyers—under the direction of Stella. Thanks to a financial contribution from Health Canada's Drug Strategy Community Initiatives Fund, we have been able to produce this guide by and for women, transvestites and transsexuals who work in the sex trade. The views expressed here do not necessarily represent the official positions of Health Canada. Stella extends its special thanks to the members of the reading committee.



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Table of Contents

6	Introduction
9	Did You Know That...?
12	Drugs and Addiction: What Are They All About?
15	In the Pusher's Bag
17	Stimulants
21	Depressants
27	Disruptors
31	Reducing the Risks
37	If You Use at Work
45	If You Shoot Up
51	If You Snort or Sniff
52	If You Smoke
55	If You Drink
59	If You Take Hormones
61	If You Do Some of Everything
65	What You Need to Know About Overdosing
69	Pregnancy and Drug Use
77	Dope, the Law and Your Rights
83	Therapy: A User's Guide
91	Resources
104	Bibliography



Introduction

In many people's minds, sex work and drugs go together, and all sex workers must be drug addicts. This is the image of sex workers we most often see in the newspapers and on TV: street prostitutes are all junkies, nude dancers are all cokeheads, and so forth. Our work is so stigmatized that many people even believe it's impossible to do without being high in one way or another.

Reality is much more complex. Just like people in any other field, many of us drink alcohol or take drugs only outside work—when we're out for dinner, at a party, or elsewhere, just to relax or have a good time. Others will have a drink at work, just one, to get started for the night ahead. Others still will snort a line to get through the end of a 12-hour shift. For some, going to work is the equivalent of starting the party... and for some, they need to take a client so they can buy their next dose.

Regardless of your relationship to drugs, alcohol and other substances, this guide will give you the information you need to help you make enlightened decisions and support you in your efforts to live and work safely and with dignity. The guide covers the various drugs that are currently on the market, and suggests ways to reduce the risks that come with using them. The guide also provides crucial information if you want to avoid getting pregnant, or if you want to give birth to a healthy baby and keep custody of it once it's born.

It also contains information about the law and on your rights with regard to dope. And lastly, you'll find information that may be helpful if you decide to make changes to your drug use or quit entirely.

The advice in this guide is not intended to encourage you to commit illegal acts or make decisions that could damage your health. We simply hope that it will help you to make the choices that are right for you. Please note that the guide is aimed at women, transvestites and transsexuals working in the sex trade, but male sex workers will also find plenty of useful information here.

This guide will give you the information you need to help you make enlightened decisions and support you in your efforts to live and work safely and with dignity.



Did you know that...?

- In the past, heroin and cocaine were prescribed by doctors. Doctors also used morphine when treating and operating on wounded soldiers, and opium to care for young children's toothaches, tuberculosis, diarrhea, anxiety and "women's troubles."
- In the early 1800s, opium was sold by doctors and pharmacists, and even at grocery stores. In Europe, it started out as a recreational drug used by middle-class women. Since they weren't allowed to drink alcohol, they went to opium dens instead to smoke opium.
- In the late 1800s, the Bayer company—which produces Aspirin today—started to market heroin. The new "medicine" quickly became a popular treatment for all sorts of illnesses, particularly tuberculosis. Because it was a star seller, for a long time, Bayer prevented information about heroin addiction from being released.
- Also in the late 1800s, the use of injection drugs was so common that people could order syringes from the Sears catalogue.
- Until 1903, an 8-ounce bottle of Coca-Cola contained about 60 mg of cocaine.

- Until the 19th century, heroin and cocaine were widely used particularly by people in the privileged classes: doctors, lawyers, artists... To make more money, the pharmaceutical companies started to distribute these drugs in underprivileged neighbourhoods without informing the people who used them about how to use them properly or about the dangers they were exposed to in doing so. It was only when people started to develop addictions to the drugs that the companies got worried. Even though nobody felt threatened by heroin and cocaine use on the part of upper-class people, substance use among the poor began to be controlled by a "moral" discourse in order to "maintain public order." This laid the groundwork for the Prohibition (when the sale of alcohol was illegal), which lasted from 1920 to 1933 in the States and for periods of time in various Canadian provinces, and also for the current war against illegal drugs. The "war on drugs" has made it difficult to find out exactly what people use and what doses they take, which in turn increases the risks related with using illegal drugs—the same way it did with alcohol purchased on the black market during the Prohibition.

- Many artists are known to have used one drug or another: Jean Cocteau, Edith Piaf, Charlie Parker, Jimi Hendrix, Janis Joplin, the Rolling Stones, Marianne Faithfull, the Doors, Lou Reed, Bob Marley, William Burroughs and Stephen King—to name just a few. Many works of art have been created under the influence of drugs, or refer to their use: the songs *Sunday Morning Coming Down* by Johnny Cash, *The Perfect Drug* by Nine Inch Nails, *Legalize It* by Bob Marley, and *Lucy in the Sky with Diamonds* by the Beatles; the book and film *Postcards From the Edge*, and the films *Fear and Loathing in Las Vegas*, *Sid & Nancy*, *Naked Lunch*, *Requiem for a Dream*, *Trainspotting*, *Blow*, and more.

- A person's social and economic situation has an impact on their mental health. For example, women are twice as likely as men to suffer from depression because we're exposed to a higher number of risk factors, including poverty, violence, social isolation and the care of dependents. Since women suffer from depression more often, we also get antidepressants prescribed more frequently, and doctors don't always properly inform us about the dangers of these drugs. By talking about depression in its social and economic context, feminist activists encourage women to become empowered within their own lives and to take action to improve the living and working conditions of all women.

We have the right to ask questions and to require healthcare providers to thoroughly inform us about the risks related to the drugs they want to prescribe to us. We also have the right to refuse a given treatment, and to explore alternatives such as, for example, consulting resource people and women's groups.

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Drugs and Addiction: What Are They All About?

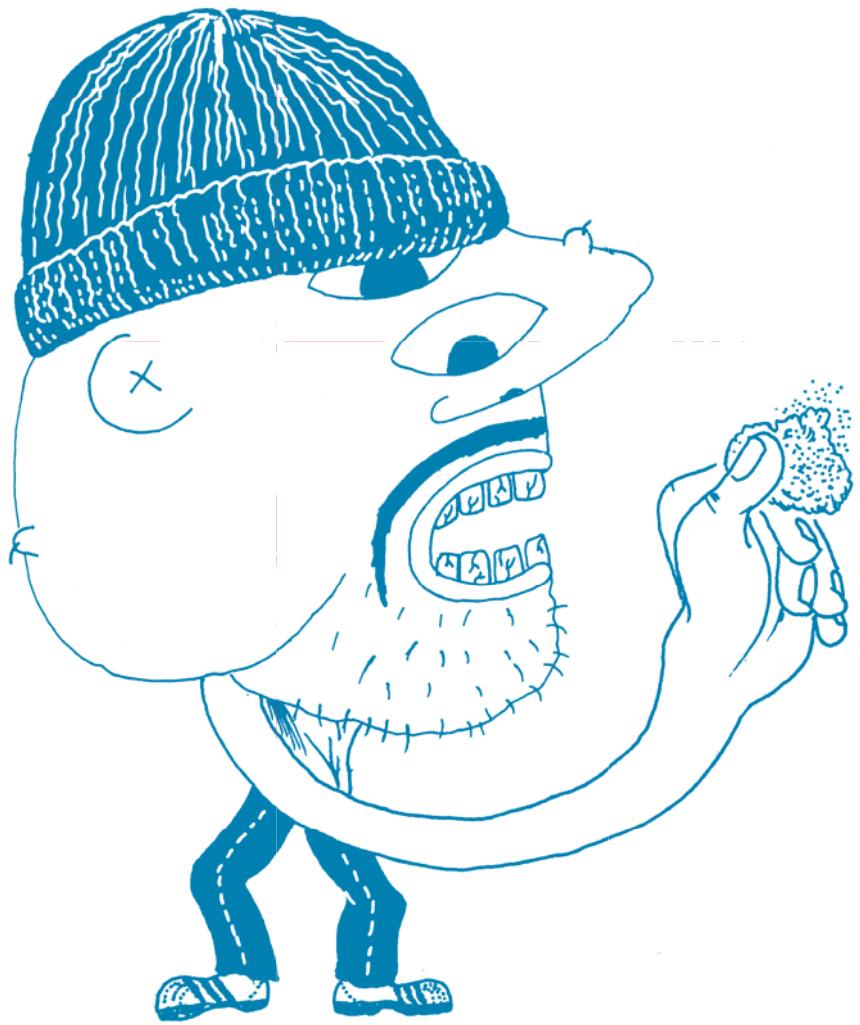
We use the word drugs to refer to any product that changes your mood and behaviour—in other words, a psychoactive substance—and that's used for that purpose. There are three major types of psychoactive substances:

- So-called illicit drugs (narcotics such as heroin, cocaine, ecstasy, cannabis, etc.)
- Licit psychoactive products (alcohol, tobacco, coffee, etc.)
- Psychoactive medications (such as benzodiazepines).

When taken in moderation, many psychoactive substances make you feel more relaxed and comfortable, which can make social situations easier, while others make you feel more energetic or euphoric. When you keep it under control, taking dope can be fun. But when addiction comes into play, which can happen quickly or gradually, you may start to suffer physically or mentally if you stop using.

**When you keep it under
control, taking dope
can be fun.**





In the Pusher's Bag

In general

The next few pages list various drugs, grouped into three categories: stimulants, depressants and brain function disruptors. In general, depressants reduce your level of alertness and the general level of brain activity, while stimulants increase those levels. While depressants relax you and make you less conscious of what's going on around you, stimulants accelerate the mental process and make you more alert and energetic. As for disruptors, they change the brain's functioning, and affect your perceptions and mood.

For each of the drugs listed, we start by describing what they look like, how they're used and the sensations they create. There's also information about the physical and psychological addiction that you may or may not develop if you use them, based on whether or not you stay in control of your use. To help you more easily reduce the risks of heavy use, we've also provided information about the potential impacts of each drug on your mental and physical health. We also explain the circumstances that may make it more risky for certain people to use this or that drug.

While depressants relax you and make you less conscious of what's going on around you, stimulants accelerate the mental process and make you more alert and energetic.

In general, remember that a drug's effects and risks vary based on how much you use, what you use and how you use it. The main difficulty here is that it's hard to be sure of the dosage of street drugs or to know what's been put into them. Drugs often lower your inhibitions, and many of them also make you less sensitive to pain, which can also increase the risks they expose you to. The risks also grow when you mix drugs with alcohol, other psychoactive substances or medications.

Lastly, most drug trips end with a down, which can bring on varying degrees of anxiety or depression. To find out about different ways to manage many of these challenges, take a look at the section entitled "Reducing the Risks."

For more information about various drugs, visit <www.gripmontreal.org>. Please note that you can find free Internet access stations in many places throughout Quebec and Canada.

In general, remember that a drug's effects and risks vary based on how much you use, what you use and how you use it.

Stimulants

Amphetamines

Peach, speed, ice, crystal, wake-ups, pep pills

What does it look like and how is it used?

Pills to swallow, or powder to snort or smoke.

What are its effects?

Users feel like they're in top shape for hours.

Is it addictive?

It can create a very strong psychological dependence.

What are its risks?

Heavy use can lead to nervousness, trembling, fatigue and serious skin problems.

Anything else I should know?

Avoid this drug if you suffer from depression, have heart problems or have epilepsy.

Crystal meth or methamphetamine

Ice, tina, crank, tweak, glass, poor man's drug

What does it look like and how is it used?

Pills and capsules to swallow. Whitish powder or crystals to snort, inject or smoke. NB: Ammonia or solvent, lithium battery acid and Drano are used to make it.

What are its effects?

Strong sensation of euphoria and wellbeing; the impression of being invincible lasts up to 12 hours. May lead to compulsive behaviour like having non-stop sex without protection.

Is it addictive?

Can become addictive extremely quickly. It is almost impossible to use this drug recreationally.

What are its risks?

Cuts appetite. Heavy use can result in slow thinking, anxiety and depression, and can destroy your teeth. Long-term use can weaken the immune system and cause asthma.



Anything else I should know? Avoid this drug if you have heart problems, mental health problems, hypertension or asthma.

Cocaine

Coke, C, flake, blow, snow, nose candy

What does it look like and how is it used?

White powder to smoke, snort or inject.

What are its effects? Euphoria, and a feeling of intellectual and physical strength; suppression of fatigue, pain and inhibitions. Sexual appetite may increase.

Is it addictive? Can create a strong psychological dependence, which comes about much more easily when taken via injection.

What are its risks? Heavy use cuts the appetite and reduces sexual performance. Other risks include perforation of the nasal passages, breathing problems and heart problems.

Anything else I should know? See the section "What You Need to Know About Overdose."

Crack

Puff, rock, freebase

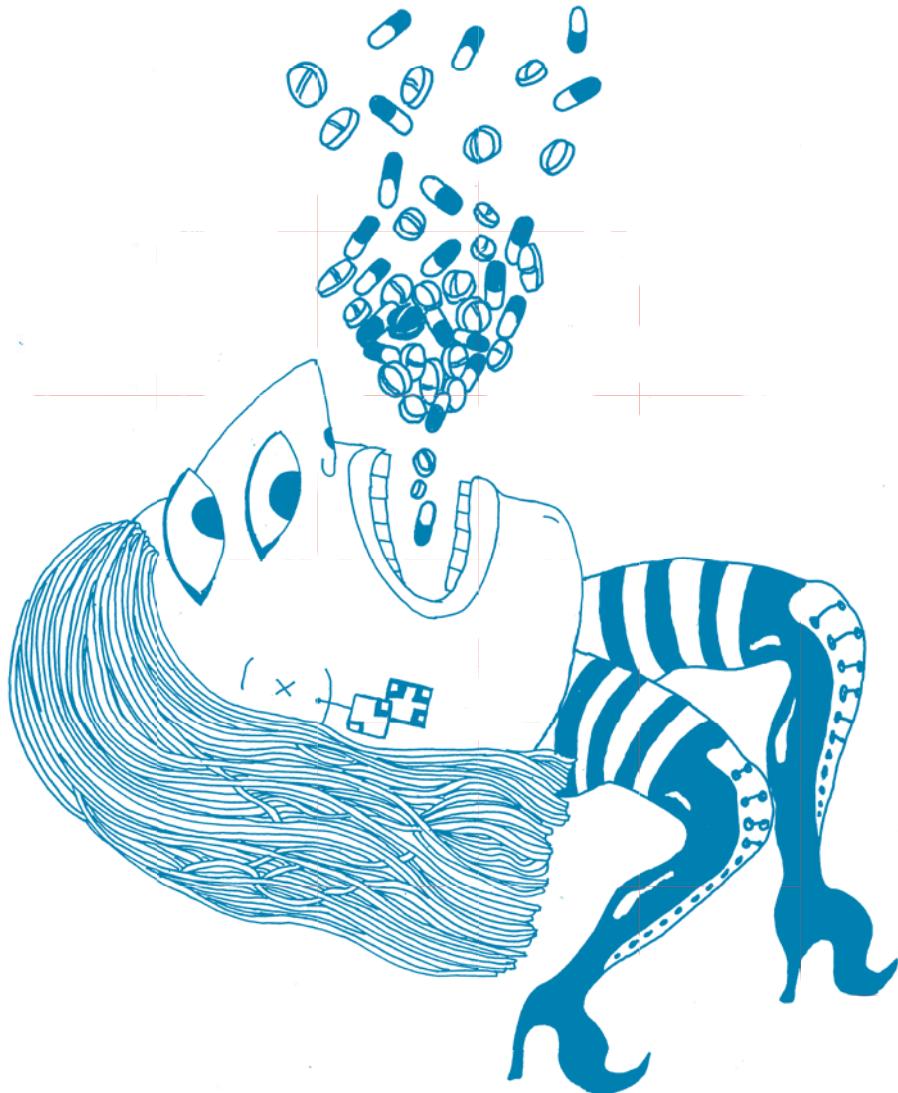
What does it look like and how is it used? Small rocks that are smoked with a pipe.

What are its effects? Effects are much more intense than those of injected cocaine, but they don't last as long. For both coke and crack, the low that follows the high is psychologically very difficult to handle.

Is it addictive? Quickly creates a strong and lasting psychological dependence.

What are its risks? The risks of heavy use include damage to the gums, the brain and the respiratory system, heart attacks, respiratory failure, suicidal thoughts and violent behaviour.

Anything else I should know? Avoid this drug if you suffer from asthma or depression.



Depressants

Alcohol

What does it look like and how is it used?

In beer, wine, cider, aperitifs, digestives, spirits, mouthwash, perfume, etc.

What are its effects? Drunk in moderation, alcohol relaxes and lowers inhibitions. In larger quantities, it makes drinkers less careful and reduces self-control.

Is it addictive? With heavy use, there are high risks for both psychological and physical addiction.

What are its risks? With excessive use, drinkers can become anxious and depressed, with reduced intellectual capacity and libido. Once addiction sets in, the risks multiply, often resulting in liver damage up to and including cirrhosis, hepatitis and delirium.

Anything else I should know? Be careful about chugging; drinking too much alcohol too fast can lead to death in less than an hour.

Benzodiazepines

Ativan, Dalmane, Lectopam, Mogadon, Restoril, Rivotril, Rohypnol, Serax, Tranxene, Valium, Versed, Xanax, etc.

What does it look like and how is it used? Pills to swallow. Some people crush and inject them.

What are its effects? Sedatives, sleeping pills and tranquilizers prescribed for relaxation, calm and relief of anxiety and worry. Also used without a prescription along with alcohol or heroin, to calm a craving or reduce the effects of amphetamines or cocaine.

Is it addictive? Users can become highly addicted both physically and psychologically, especially when the prescription or other use lasts more than 4 to 6 weeks. Addiction is more likely when these drugs are combined with alcohol.

What are its risks? Heavy use can affect memory and reflexes, and make users drowsy and less attentive.

Anything else I should know? When taken with alcohol, they can deteriorate psychological and physical performance. Avoid mixing them with methadone; this is very dangerous and can be fatal.

Narcotics

Painkillers, opium, codeine, heroin, morphine (Ms-Contin), methadone, Percodan, Demerol, Dilaudid, etc.

What does it look like and how is it used? Pills or ampules to swallow, powder to inject, or suppositories to ingest anally.

Opium is a dark brown resin that can be smoked or eaten.

What are its effects? Certain narcotic analgesics are opiates (opium, morphine, heroin and codeine), while others are synthetic products. Often used as painkillers, they relax and can create a state of euphoria and lethargy. Effects are less intense when the drugs are taken orally.

Is it addictive? Users develop a tolerance for these drugs; to stay effective, they need to be taken in higher and higher doses. They also create physical and psychological addiction.

What are its risks? Can result in vision problems, vertigo, nausea, vomiting, intestinal trouble, and loss of appetite. In heavy doses, they reduce sexual desire and can cause liver problems and respiratory arrest.

Anything else I should know? Counter-indicated for pregnant women. It can be fatal to mix narcotics with benzodiazepines and/or with alcohol. Mixing methadone and benzodiazepines or heroin is particularly dangerous.

Heroin

Smack, H, skag, junk

What does it look like and how is it used? White, beige or brown powder to inject, smoke or snort.

What are its effects? Sensations of euphoria, ecstasy and calm. Users feel no more pain. For a few weeks, using provides intense pleasure.

Is it addictive? Quickly leads to strong physical dependence. Cravings are very unpleasant; they include intense muscle and bone pain, feelings of agitation and anxiety, and symptoms similar to those of a severe flu, along with diarrhea and insomnia.

What are its risks? After the first few weeks, users feel the need to take greater amounts and to use more and more frequently to reach the same high they got at first. Using starts to take up more and more time and space. Other problems may also appear, including drowsiness and anorexia.

Anything else I should know? See the section entitled "What You Need to Know About Overdose."

Methadone

What does it look like and how is it used? Pills or oral solutions.

What are its effects? Though it doesn't produce a high for heroin users, in sufficient doses, it kills their cravings as part of withdrawal treatment. Please note that a new treatment should be available in 2007: buprenorphine.

Is it addictive? Often used in the short time to treat withdrawal and in the long term as a substitution treatment for heroin addicts. Withdrawal needs to be done gradually over a long period of time.

What are its risks? If you use this drug without a prescription, be very careful about dosage: methadone can be fatal for non-heroin users.

Anything else I should know? Benzodiazepines, when taken with methadone, increase the risk of respiratory depression, which can lead to death.

GHB

GH, liquid ecstasy, liquid X, fantasy, scoop, date-rape drug

What does it look like and how is it used? Thick, odourless, colourless and tasteless liquid, white powder or capsules that dissolve in water.

What are its effects? In small doses, it reduces anxiety, diminishes sexual inhibitions and creates euphoria. Acts more slowly if not taken with alcohol. Mixed with alcohol, it can quickly lead to loss of consciousness for up to 12 hours. Afterwards, users have no memory of what happened while they were drugged.

Is it addictive? Creates physical dependence in the long run.

What are its risks? In high doses, GHB can cause convulsions, hallucinations, slowed heartbeat, respiratory depression and loss of consciousness. It can also cause delirium.

Anything else I should know? Some people mix GHB with alcohol and give it to their desired victims in order to commit rape or robbery.

Poppers

What does it look like and how is it used? Liquid whose vapours are inhaled.

What are its effects? For 2 or 3 minutes, sensations of euphoria, internal warmth and sensuality. Creates muscular relaxation that can facilitate anal penetration.

Is it addictive? Regular use creates psychological dependence.

What are its risks? Regular use can create a yellowish crust around the nose and lips, lesions on the nasal septum,

distorted perceptions and anemia. In heavy doses, it can cause violent vertigo, fainting and respiratory depression.

Anything else I should know? Never take poppers with Viagra. The combination can be fatal.

Solvents

Glue, gas, nitrite

What does it look like and how is it used? Glue, varnish, paint, thinners, gas and domestic or industrial products whose vapours are inhaled.

What are its effects? These drugs produce euphoria, intense fantasies, hallucinations and dizziness, and make users lose touch with reality.

What are its risks? Users become addicted.

Anything else I should know? They slow down the body's functions, including breathing. Abuse can cause brain damage and physical and psychological problems, and can lead to asphyxiation and death.



Disruptors

Cannabis

Pot, marijuana, reefer, weed, grass, ganja, joint, hashish, hash, oil, honey oil

What does it look like and how is it used? Dried leaves, stems and flowers that are smoked or mixed into food. Brown, black or yellowish chunks that are smoked. Oil that's smoked by spreading it on a rolling paper and adding tobacco.

What are its effects? Sensation of wellbeing, satisfaction and calm. Also used for therapeutic purposes.

Is it addictive? Users rarely become physically addicted, but a moderate psychological dependence may occur.

What are its risks? Smoking regularly can lead to a loss of motivation. It can also become difficult to perform various tasks. With strong doses, time perception and short-term memory can be affected. Like cigarette smoke, pot smoke can affect the lungs.

Anything else I should know? For predisposed users, regular pot smoking can lead to psychosis. It is believed that there is a link between schizophrenia and pot.

LSD

Blotter, acid, tab

What does it look like and how is it used? Paper soaked with a drop of LSD, or tablets or microdots that look like the end of a pencil lead.

What are its effects? A trip lasts between 5 and 12 hours, and can cause hallucinations, giggle fits and delirium.

Is it addictive? Use does not create a physical dependence, and psychological addiction is rare.

What are its risks? With heavy use, people who are predisposed to mental health problems run the risk of suffering from chronic anxiety, depression and the inability to distinguish between reality and illusion.

Anything else I should know? Sometimes a bad trip will occur—an uncontrollable feeling of panic and anxiety. If this happens, avoid alcohol, don't stay alone, and make sure you're in calm surroundings.

Magic mushrooms

Mush, mushrooms

What does it look like and how is it used? Mushrooms that are eaten.

What are its effects? For about 3 to 6 hours, users experience hallucinations and giggling. The effects are not as strong as those of LSD.

Is it addictive? Does not create physical or psychological addiction.

PCP

Mess, mescaline, angel dust, peace pill, fairy dust, crystal

What does it look like and how is it used? Powders, pills and capsules in various colours. Please note that PCP is often mixed with other drugs, such as ecstasy, ketamine, mescaline, cannabis and cocaine.

What are its effects? For about 4 to 6 hours, PCP can cause euphoria, hallucinations and reduces sensation of pain.

Is it addictive? Users often become psychologically addicted, but not physically.

What are its risks? With heavy use, people who are predisposed to mental health problems risk experiencing intellectual, psychological and psychiatric problems.

Anything else I should know? Avoid PCP if you're predisposed to mental health problems—for example, if a member of your family suffers from a mental health disease or if you have experienced major depression in the past.

Ketamine

Special K, vitamin K, ket, ketty

What does it look like and how is it used? White powder, pills, capsules, crystals or liquid solution to swallow, inject, snort or smoke.

What are its effects? The effects are less intense than those of PCP, and last about an hour. Ketamine is often taken with stimulants.

Is it addictive? Regular use can lead to physical and psychological addiction.

What are its risks? May cause loss of consciousness along with vomiting, anxiety, panic, psychosis and temporary paralysis.

Anything else I should know? In the long term, the drug may cause bladder problems.

Ecstasy

E

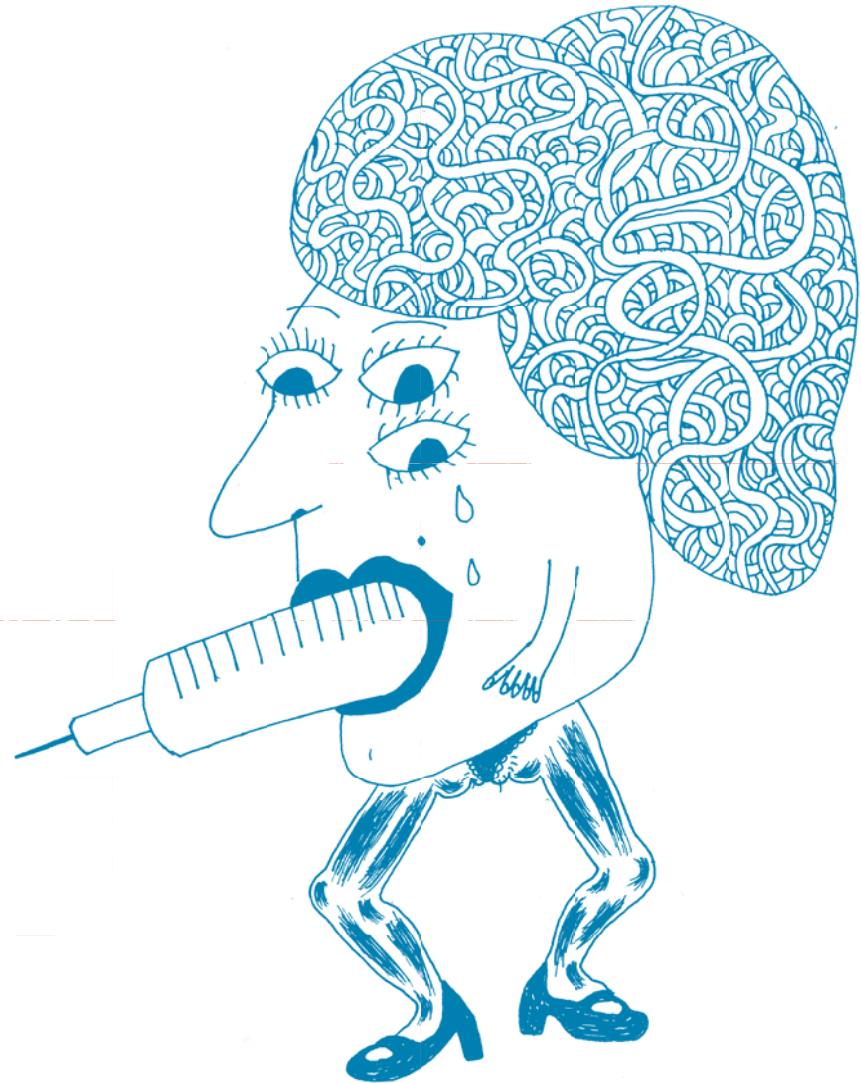
What does it look like and how is it used? Pills and capsules in various colours to swallow.

What are its effects? Sensations of euphoria, wellbeing and energy. Reduced inhibitions and the desire to be close to others both physically and emotionally.

Is it addictive? Addiction is rare. However, tolerance grows quickly, which leads users to take larger doses.

What are its risks? Using it can affect the heart. In some cases, this can be fatal. Ecstasy is often cut with other substances, and doses vary greatly in strength. If you take it, start by swallowing half the pill.

Anything else I should know? Avoid ecstasy if you are epileptic, asthmatic or diabetic, if you have problems with your heartbeat or kidneys, or if you suffer from fatigue or psychological problems.



Reducing the risks

This section aims to give you information that can help you reduce the risks you take when you use drugs and alcohol. Reducing the risk means finding ways to diminish the harmful consequences of using, rather than eliminating your use entirely. The war against illegal drugs has not actually stopped people from using them. The risk reduction approach says that it's better to help drug users find ways to protect their health and the health of others. By treating drug users like human beings who have specific needs, concrete results can be achieved—such as helping stem the HIV and hepatitis C epidemics, improving users' health and giving users greater power within their own lives.

This part of the guide starts out with suggestions that may be helpful for alcohol drinkers and users of pretty much any drug. Then, more specific information is provided for people who use at work, who snort or sniff, who smoke, who inject, who drink, who take hormones and who mix their drugs. It ends with a section about pregnancy and substance use.

The risk reduction approach says that it's better to help drug users find ways to protect their health and the health of others.

Did you know that the lifestyle surrounding drug and alcohol use is often much more damaging to your health than the drugs or alcohol themselves? Whatever your drug use looks like, you're always better off if you eat well and get enough sleep. Also, remember to drink a lot of water.

Alcohol and most drugs serve to lower your inhibitions, which can make you forget to have safer sex. To protect yourself from getting a nasty infection, keep some condoms handy at all times.

In the long run, alcohol and most drugs reduce your appetite. The amount of fat in your body drops as a result, and that can cause menstrual irregularities or even amenorrhea (loss of menstruation). When this happens, many women mistakenly believe they can't get pregnant, so they stop using contraception. If this happens, always remember to protect yourself against unwanted pregnancy.

Have you thought of setting yourself a maximum number of hours that you'll let yourself go without sleep or stay on the go?

Often, people want to avoid experiencing the crash, so they keep using without giving their bodies a break. If you take stimulants like speed, crack or coke, you stop feeling fatigue. But if you never give your body a rest, you can develop nervous tics and end up completely exhausted. Have you thought of setting yourself a maximum number of hours that you'll let yourself go without sleep or stay on the go? Another idea: stop using a few hours before the end of a party, so you can sleep when you get home.

If you've drunk or used too much to drive, don't take the chance of losing your license, or of getting into an accident that would prevent you from earning your money, or that might kill you or kill someone else. Take a taxi, or ask someone you trust to take you home. If you know in advance that you're going to drink or use, don't take your car at all, or take it but give the keys to someone you know well.

Drug use can cause mood swings. You'll also experience highs and lows. The downs are inevitable; they can provoke anxiety attacks and depression of varying degrees. With your dope kit, you should also make sure to have a down kit.

- In your down kit, you could put funny movies, a CD that takes you through a step-by-step relaxation process, music that helps you relax or a CD with nature sounds (waves, whale singing and so forth).

If you start to have dark or suicidal thoughts, talk about them with a close friend, or come and get help from Stella or another organization.

An excellent trick for reducing your stress: pay your rent and your bills first. Have you thought of making a budget, and planning money for your rent, your food, your bills, your



Have you thought of making a budget, and planning money for your rent, your food, your bills, your drinks and your dope?

drinks and your dope? Do you set a fixed amount for your substance use, including cigarettes and alcohol? When you go out, you can leave your credit cards and your bank card at home so you don't go over your dope budget.

Have you chosen your pusher carefully? If you buy your drugs from someone you work with, or if your boyfriend is your supplier, you may find it much harder to reduce your use or stop using if ever you decide to in the future. Do you always buy from the same person? Do you refuse to buy drugs if you don't know who they come from? Does your pusher warn you when he's got new stock? If you're using new stuff or if you haven't used in a few days, start by taking half your usual dose. This may help you avoid an overdose. You want to trip out, but you don't want to go through a bad trip, get sick, or worse, end up dead.

When you do ecstasy, drinking a lot of water and peeing often can reduce the risk of getting a bladder infection or kidney damage. Start by taking half a pill to see if everything goes well. While you're tripping, drink little sips of water often. During raves, it's a good idea to take breaks to drink and rest; also, ask your friends to keep an eye on you, and offer to do the same for them.

Because you can't be certain of the dosage of illegal drugs, and you can't know for sure what's in them, it's safer to always start with half your usual dose.

If you're using new stuff or if you haven't used in a few days, start by taking half your usual dose. This may help you avoid an overdose.

Watch your drink or ask someone you trust to watch it for you to make it hard for anyone to put drugs into it without you seeing—particularly GHB, also known as the date-rape drug. If, after a drink or two, you feel like you've had ten, talk about it right away with someone, and get yourself to the hospital or the CLSC right away. Make sure you go with someone you trust. If you think you've been sexually assaulted, go to the hospital quickly so that you can get preventive treatments against STIs, and so they can try to detect the date-rape drug in your blood. To learn more about the subject, read Stella's *XXX Guide*.

The stuff in your kit should never be shared—whether we're talking about straws, pipes, plastic bags, or your injection works, including the tourniquet.

Do you respect your neighbours' sleep schedule and avoid disturbing them with noise and the sounds of coming and going? Getting your pusher to come over frequently and at odd hours can bring you trouble you don't need. If you sell, make sure you do your transactions somewhere other than at your place. Nobody needs their neighbours to start making complaints about them. It's also a good idea to avoid giving your address to a dealer. If you owe him money one day, he won't be able to come and get it from you or alert your neighbours to what you're up to. When it comes to neighbours, the less they know, the better!

Are you 100% selfish with everything you carry in your dope kit?

The stuff in your kit should never be shared—whether we're talking about straws, pipes, plastic bags, or your injection works, including the tourniquet. HIV, hepatitis B and C, a nose or mouth covered in lesions... these things are quite the bad trip! Did you know that there are often small traces of blood on the edge of a straw or on a crack pipe? And that the hepatitis C virus stays alive even when you clean a syringe with bleach?

If you use in a place where there are lots of people, mark your works with a pen or with nail polish. Also, keep an eye on your stuff so nobody else uses it while you're in the bathroom. Your dope, your medication and your methadone should also be kept out of the reach of children and animals. Even in small quantities, these things can be fatal for them.

If your mucous membranes or sores on your skin have been exposed to someone's bodily fluids (sperm, blood, etc.) after a condom breaks or after a high-risk activity, or if you've scratched yourself by accident with a used syringe, go to the emergency room as quickly as possible. Don't wait any more than 72 hours to go. There is a treatment that can prevent you from getting HIV. The earlier you start the treatment, the more effective it is.

If you use dope, get yourself vaccinated against hepatitis A and B. You can have this done at Stella's medical clinic. A

doctor and a nurse from Médecins du Monde Canada provide free, anonymous, non-judgmental and confidential services here for women who work in the sex trade. For more information, call us at 514.285.8889.



If You Use at Work

When you work drunk or stoned, you may find it more difficult to set your limits and easier to agree to things you would otherwise refuse. You may also be likely to take bigger risks for your health and safety, since your judgment will be affected. To avoid losing control of your actions and finding yourself in situations where you may get injured or assaulted, read the following suggestions to help you stay in charge of the situation.

If you feel the need to use every time you work, maybe you're having a hard time managing work-related stress. If that's the case, have you thought about working less, or finding ways to relax before you go to work?

Do you set yourself a limit on how much dope and alcohol you'll let yourself use, with a start and finish time? Also, why not give yourself a reward when you respect the decisions you've made to help yourself stay in charge of your own using?

When you work drunk or stoned, you may find it more difficult to set your limits and easier to agree to things you would otherwise refuse.



When you use, you may be tempted to work more than you would if you weren't using. But your body still has the same limits as it did before. In order not to burn out, have you thought of setting a limit to how many clients you'll see every day or week, or establishing a regular schedule for yourself?

If you get stoned and stop sleeping for several days, you won't be at your best when it comes time to make money. Your clients may also try to take advantage of your vulnerability in order to haggle down your price and your working conditions. When you're high, are you able to insist that your clients respect your prices and your conditions, including condom use? Do you remain firm and in control?

Whether it's in exchange for drugs or not, never let anyone else negotiate your prices and working conditions, including condom use. Be firm and make sure you always stay in control so that you are capable of enforcing your limits.

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With a condom, use a good water-based lubricant. When you use coke, ecstasy, opiates, speed, alcohol or other substances, your mucous membranes may become dry, including the ones in your vagina and anus. Drugs and alcohol also make it harder to feel pain. When you're being penetrated, lubricant

will help prevent anal or vaginal tears that could make you vulnerable to infection.

Do you keep a dose in reserve to avoid having a craving crisis? If you're jonesing, you risk taking clients you would normally refuse, and not being in a state to make them respect your limits and conditions.

When you're broke, do you see it as a chance to give your body a break rather than putting yourself in debt? Having drug debts can make you vulnerable. In some cases, this may even expose you to violence. If you decide to go into debt regardless, watch out for the people who are bad lenders—dealers, for example—and choose people that you don't risk either putting yourself in danger with or breaking ties with, such as your family members, close friends or work colleagues.

If you're jonesing, you risk taking clients you would normally refuse, and not being in a state to make them respect your limits and conditions.

Do you tend to get violent and aggressive when you're under the influence of alcohol or drugs? If you are violent with a client, you may suffer violence in return. Try to see how you can control your aggression, and don't carry a weapon that could be turned against you.

Under the influence of drugs or alcohol, a client may also become aggressive, which makes you more vulnerable. Be careful. If you use with a client, he may also be tempted to



confuse your work relationship with a friendship. Make sure it's clear that he has to pay you in cash.

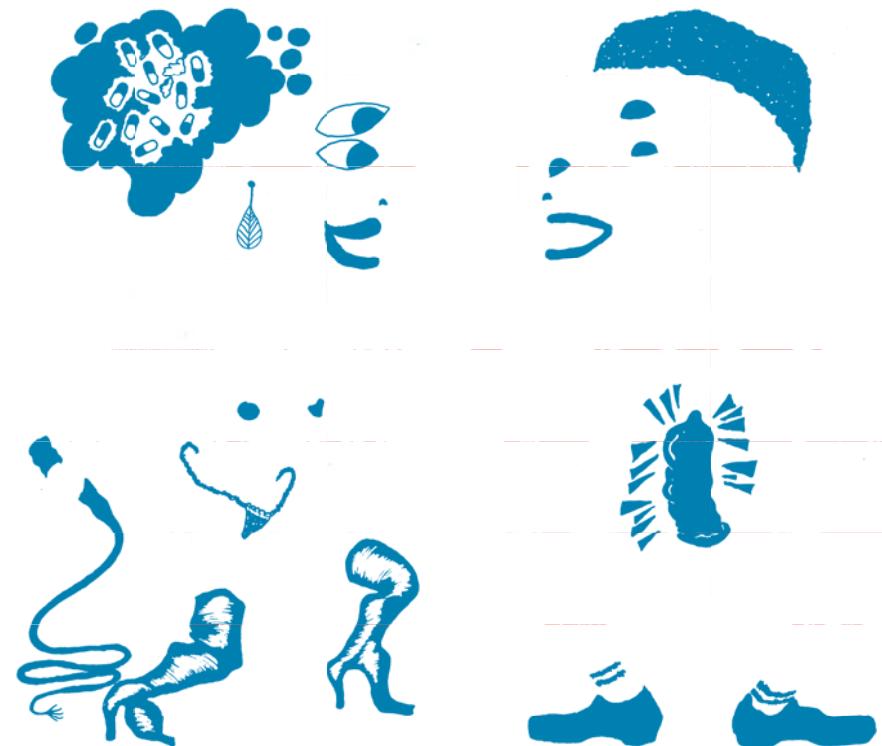
When it comes to men who use, they may have a hard time keeping an erection or reaching orgasm. Some will want to be reimbursed, and may become violent. Others won't manage to ejaculate, which may increase the risk of the condom breaking from friction... the condom's and yours! Once again, be careful: use lubricant and make sure you get paid in advance.

Domination and S&M require you to be capable of controlling your movements and carefully evaluating your clients' limits and your own. If you take drugs or drink, you increase the risk of injury, because your judgment and coordination are affected. When a client has used, it's also more dangerous to let him dominate you. Stay in control to avoid accidents.

Drugs and alcohol can affect the libido. To stimulate it, some porn actresses use Viagra, which can help the clitoris become erect and help them reach orgasm. However, Viagra can cause headaches, stomachaches and nausea. Warning: never mix poppers with Viagra. The combination can be fatal!

Are you the one in control of the situation, or is the dope in charge? Do you use to work, or work to use? If yes, talk to someone you trust, or contact Stella.

**When a client has used,
it's also more dangerous
to let him dominate you.
Stay in control to avoid
accidents.**





If You Shoot Up

Drug injection can come with health risks. For example, many people contract hepatitis C within the six to twelve months after their first injection. The following suggestions can help you reduce the risks.

Here is a good ritual to establish: Before starting to prepare your drugs, wash your hands with soap. Set yourself up on a surface that's been washed with bleach and rinsed with clean water. If you're outdoors, cover the surface with a newspaper or magazine—it's better than nothing. Before shooting up, clean your skin with an alcohol swab to prevent bacteria from entering your bloodstream along with the needle. Don't put saliva on the needle, on your skin or on the swab. Many bacteria in your mouth should never enter into contact with your blood. It's the dope you want, not the bacteria.

Use sterile water and securicup kits, available at distribution sites and sterile works exchange sites, including Stella. To draw your dope into the syringe, put the securicup's new filter at the tip of the needle. Avoid touching it; pick it up with the needle of your syringe. If you don't have anything else handy, roll a bit of rolling paper into a ball, minus the part with the glue. Don't use Q-tips, cotton balls, Kleenex

Use sterile water and securicup kits, available at distribution sites and sterile works exchange sites, including Stella.

or toilet paper. Also, avoid using cigarette filters, since they contain toxic chemicals. Their fine fibres may also get into the syringe, which can cause cotton fever.

If you feel a high fever, or if you vomit, have diarrhea, or get the sweats and the chills, you probably have cotton fever. Go to the hospital! Otherwise, you risk serious complications, such as an infection of the heart membrane.

Always use a new syringe since the needle will be very sharp—this does less damage to your veins, and helps you avoid marks and infections. Never poke the needle into the bottle of sterile water that comes with the securicup; you risk damaging the needle, which in turn can damage your vein. Instead, pour the water and the drug into the *securicup* container and use the orange syringe tip to mix the water and the drug together.

The entire contents of the securicup, as well as the vial of water and the syringe, should be thrown out after use. To protect yourself against hepatitis B and C and HIV, use a new water vial and a new securicup for each injection. Even if you're already infected with the hepatitis B or C virus or with HIV, use new works to avoid catching other strains of the same virus, or infections that could tax your immune system. Each new infection makes you sicker.

Always use a new syringe since the needle will be very sharp—this does less damage to your veins, and helps you avoid marks and infections.

When you go to a sterile works exchange and distribution site, get into the habit of taking more injection works than you think you'll need. This way, you can give them to other people who need them.

If you don't have a new syringe, disinfect a used syringe, even if it's your own. Rinse the syringe three times in cold water to get rid of traces of blood. Then, fill it with extra-strong bleach, and rinse it around for 30 seconds. Empty the syringe, and repeat the bleach treatment for 30 seconds, then rinse in cold water at least three times. Empty it by squirting water out the end of the needle.

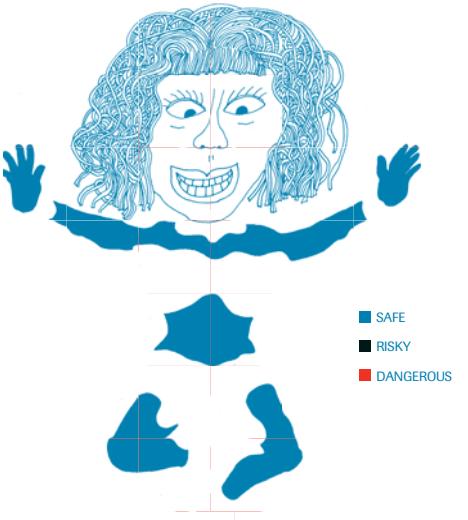
If you use a used needle, take one that you know you've been the only one to use.

If you use a used needle, take one that you know you've been the only one to use. It isn't safe to use someone else's syringe, even if you're sure they're not infected with hepatitis C—most people who are infected don't know it. Also, even after you wash a syringe with bleach, the hepatitis C virus stays alive.

If you don't have a sterile container for heating your dope, before you reuse a container that's only been used by you, wash it. Once again, don't use someone else's used container. Take your container—the securicup or your spoon, capsule or bottle—and rub it between your fingers while rinsing it in cold water. Then, wash it with hot water and soap, or better, soak it in a glass of bleach for two minutes before rinsing it a second time in running water. If you have no soap or bleach, rinsing it in cold water is better than nothing.

Injection drug users often get abscesses, cellulite on the arms and legs, phlebitis (blood clots in your veins) and endocarditis (infection of the heart membrane). These conditions often lead to complications. For example, an abscess can turn into endocarditis, which can be fatal if it's not treated in time. If you shoot up, you can avoid these infections if you follow our instructions to the letter. They may also help you improve the health of your veins, which will keep them from hardening and showing noticeable marks where you've injected.

Alternate from one arm to the other every time you shoot up. Change veins, and don't shoot up anywhere other than your arms—they're the safest place on the body to inject.



Alternate from one arm to the other every time you shoot up. Change veins, and don't shoot up anywhere other than your arms—they're the safest place on the body to inject. If you inject into a small vein, go slow; otherwise, you may burst your vein, and lose your dope while you're at it. Before injecting, draw a bit of blood into your syringe. If the blood is bright red, you've hit an artery and you may bleed a lot: don't inject your drugs! Remove the needle and press down hard for 15 minutes. If you keep bleeding after 15 minutes, you're at risk for a major hemorrhage. Go see a doctor. Don't shoot up in your feet, your hands or your neck: there are arteries

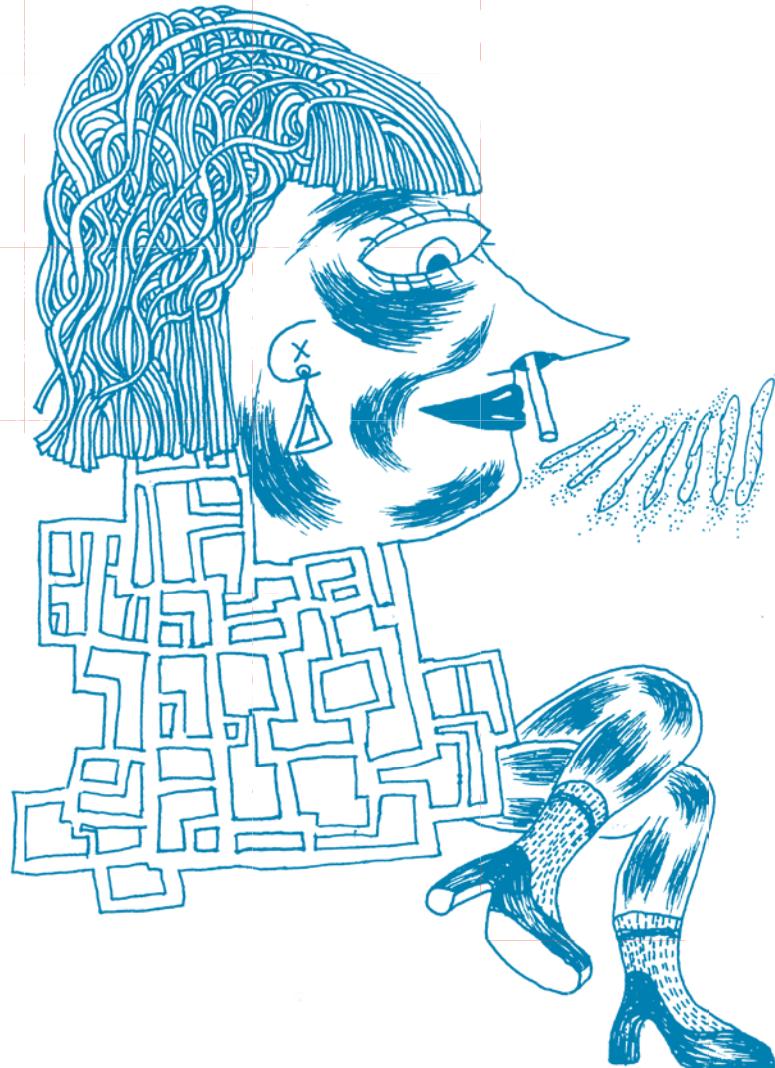
there. Also, don't inject in your breasts or in your groin. If you inject into your legs, aim the contents of the syringe upwards, not downwards.

Do you inject pills? Even when they're well crushed, there are always small particles left over that can tear up your veins and cause accidents and infections. If you inject pills anyway, handle them as little as possible with your fingers. Avoid bringing them into contact with your mouth and your saliva. Crush them into the finest possible powder. Dilute them with sterile water. Filter the preparation several times with a new filter.

Don't leave your used syringes lying around. Store them in a container that the needles can't pierce through, such as an empty glass bottle or jar, or a yellow sharps container—sterile works exchange and distribution sites offer these for free. In these places, you can also get rid of your used syringes and get new ones for free. You can also leave used syringes at pharmacies, in CLSCs, and in metal recycling boxes that are available in strategic locations all over Montreal. For more information, consult the resources listed at the end of this guide.

If you shoot up in a public place, clean up after yourself when you're finished. Syringes left lying around can cause injuries and transmit hepatitis, tetanus and HIV. People can get infected by stepping on them or sitting on them. Children may also get infected if they play with them. Discarded syringes also cause residents to complain, which encourages the police to increase their repression. Don't leave traces that could give people a reason to get you in trouble. Respect others and you will be respected. In any case, the less they know, the better!

Don't leave your used syringes lying around.



If You Snort or Sniff

Snorting with a rolled bill can pull all kinds of bacteria into your nose, which can cause lesions. With a straw, you're only snorting your dope. Never share your straws, because you risk exposing yourself to various hepatitis viruses and to HIV.

Take care of your nostrils. Lubricate them with vitamin-E-based essential oils. These oils can be applied with Q-tips or Kleenex.

Space out your lines. Wait for the dope you just snorted to take effect, or for the effect to start wearing off, before you snort again. This is easier for your body to handle, and it'll be less expensive for you too. **Change nostrils each time you snort and blow your nose between lines.** Also, drink water to avoid getting dehydrated.

If you sniff glue, never share your bag; this will help you avoid contracting hepatitis C.

Don't forget that snorting instead of shooting up does reduce the risk of overdose, but doesn't eliminate it.

Never share your straws, because you risk exposing yourself to various hepatitis viruses and to HIV.

If You Smoke

Some methods of use, such as smoking crack, will dry out your lips and can damage your mouth, which makes it easier to transmit viruses and STIs (sexually transmitted infections).

If you smoke crack, your gums will deteriorate, which can also open the door to viruses and STIs, so always use a condom for oral sex. As for your lips, a simple trick can help you keep them in good shape: apply lip balm on a regular basis.

When you smoke crack, don't smoke it in a plastic container, because the fumes from the melted plastic are toxic. Instead, use a glass tube.

Good news for HIV-positive crack and marijuana smokers: so far, no interaction has been found between crack, marijuana and HIV medications. However, smoking does weaken the immune system.

Smoking crack will dry out your lips and can damage your mouth, which makes it easier to transmit viruses and STIs (sexually transmitted infections).





If You Drink

Sugar and carbonation—the fizz—accelerate how fast you absorb alcohol. That means that mixes with sweet fruit juices get you drunk faster, and, for example, drinking scotch with soda gets you drunk faster than scotch with flat water (without bubbles).

Coke and crack prevent you from feeling the effects of alcohol as strongly. When you stop using coke or crack, you may get drunk quicker if you don't reduce the amount you drink as well.

As for other drugs, mixing them with alcohol will get you drunk quicker too. You also risk overdosing, having memory blanks and fainting. To learn more about this, read the section entitled “If You Do Some of Everything.”

Certain chemicals found in alcohol increase your chances of having a hangover the next morning. Some drinks contain less than others. There are fewer chemicals in white wine than in red wine. Vodka contains less than gin, which in turn has four times less than scotch, six times less than brandy and rum, and eight times less than bourbon.

When you stop using coke or crack, you may get drunk quicker if you don't reduce the amount you drink as well.

Hangover prevention tisane

For 10 minutes, infuse the roots of fresh or dried dandelions in hot water. Drink this tisane before and after drinking alcohol; it stimulates the production of bile, which encourages elimination and speeds up the metabolism. It doesn't taste good to everyone, but it's much less unpleasant than a hangover!

The only way of being certain to avoid a hangover is not to drink too much alcohol. When you've had too much to drink, the only real cure is time. Nonetheless, if you plan to go into party mode, here are a few tricks that might help:

- Before you start drinking, prepare a tisane to ward off hangover;
- Eat before and while you drink;
- After each alcoholic drink, drink a glass of water; this will help prevent dehydration and stop you from getting too drunk, by diluting the alcohol in your blood;
- Wait an hour between each drink;
- Stop drinking at least an hour before going to bed;
- Before going to sleep, drink at least two big glasses of water and another anti-hangover tisane;
- Avoid taking aspirin—it's not the best remedy for a stomach that's queasy from alcohol.

Avoid chugging contests where people challenge one another to drink large amounts of alcohol as quickly as possible. This can cause death in less than an hour, after respiratory arrest.

In the long term, alcohol reduces the libido, which can make your work difficult in addition to affecting your personal life. If you feel your libido shrinking, or if you feel you're drinking too much, have you thought about changing or reducing your drinking? For example, you could drink beer instead

of harder alcohol, start drinking later and stop earlier, drink a glass of water before each alcoholic drink, take a day off alcohol each week (and then two, and then three), or smoke pot instead of drinking.

Drinking alcohol is legal, which means drinkers are exposed to fewer risks with the law than people who do dope. Also, it's easy to know what you're drinking, whereas it's hard to know exactly what's in drugs. But just like with dope, you can lose control of your drinking. If that's happening to you, you may be ashamed to talk about it. Instead of keeping it to yourself, you might want to go to an AA meeting (Alcoholics Anonymous) and see how it goes. There are meetings all over Quebec. You can also talk about it with a Stella worker.

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If You Take Hormones

The difficulties in accessing hormone treatments lead some transsexual people to get their hormones on the black market with no medical follow-up, which can expose them to serious complications, including phlebitis (blood clots in the veins), hypothyroidism (the insufficient production of thyroid hormones) and hypertension, as well as risking effects on the liver and increasing the chances of developing cardiovascular illnesses. Most hormones are metabolized by the liver, so the hormones you take, prescribed or otherwise, may interact with other medications and drugs since they also go through the liver. If you take hormones without a prescription, try to find a doctor whom you can talk about it with openly.

Most hormones are metabolized by the liver, so the hormones you take, prescribed or otherwise, may interact with other medications and drugs



If You Do Some of Everything

To avoid an overdose, it's best not to mix different drugs, alcohol and medication; the combination may slow or speed up your heartbeat or breathing too much depending on what you take.

When you want to let loose, it's less dangerous to take a larger amount of your favourite drug than it is to mix things together, which can cause serious complications and even be fatal.

In general, if you take medication, by prescription or otherwise, it's a good idea to ask your doctor or pharmacist if you can drink alcohol with it or not. If you suffer from mental health problems such as depression, bipolar disorder or schizophrenia, and you need to take your medication, you may make your condition worse by using drugs or alcohol. Your medication may also become dangerous when mixed with a drug or with alcohol, and that will just make you feel worse. If you have a hard time avoiding drugs or alcohol, it's best to talk about it with your doctor, who may be able to review your medication and offer you alternatives.

Depressants reduce your breathing rhythm. If you mix them, their effects on your respiratory system are stronger and more damaging. Mixing alcohol and opiates (heroin, opium, codeine, Dilaudid, Demerol, methadone, Ms-Contin, etc.) with benzodiazepines (Xanax, Lectopam, Valium, Ativan, Dalmane,

Restoril, Rivotril, etc.) increases the risk of overdose because these products are all depressants. In particular, it can be fatal to mix benzodiazepines with alcohol or narcotics. Also, remember that mixing methadone with benzodiazepines is very dangerous, and that mixing methadone and heroin isn't a good idea either.

- * Mixing a depressant with a stimulant can cause your liver to fail. When the liver is already seriously affected, and it's overused thanks to alcohol, medication or dope, it's like making your purification factory work non-stop. When all this makes your liver fail, it can cause ascites (liquid accumulated in the intra-abdominal cavity), encephalopathy (slow thinking and severe confusion), a high level of bilirubin (which places you at risk for jaundice) or major blood coagulation problems.

Even when you're on the go, take your hepatitis medication or your antiretrovirals; this will also prevent you from developing a resistance to your medication.

Drugs, alcohol and medication for HIV and hepatitis B and C

Very few studies have been carried out on the interactions between alcohol, street drugs and medications, except when it comes to methadone. Generally speaking, it's not a good idea to mix them. We also know that the excess consumption of alcohol and drugs is detrimental to regular medication schedules, so it can compromise a treatment's effectiveness.

Even when you're on the go, take your hepatitis medication or your antiretrovirals; this will also prevent you from developing a resistance to your medication.

If you're infected with hepatitis B or C or with HIV, be careful to never use someone else's works, because you might re-infect yourself and get sicker.

The more alcohol you drink, the more damage is caused to your liver, and when hepatitis is already affecting your liver, drinking is like throwing oil on the fire. Some substance combinations in the blood can also have negative effects on the liver, reduce your medication's effectiveness or increase the side effects of your medication or the other drugs you take. With chemical drugs like ecstasy, acid, special K, speed, downers, etc., you need to be really careful. Generally, HIV medications increase the quantity of drug in your blood, which damages your liver. Also, the impurities in street drugs can damage your liver, too.

Light and occasional drinking doesn't hurt HIV treatment. But if you usually have more than two or three drinks a day, the concentration of certain medications in your bloodstream will be higher, and so their side effects will also be stronger. Your liver may also fail if it can't handle the job of filtering your medication. And if you drink more than three standard alcoholic drinks while taking Interferon, a hepatitis

The more alcohol you drink, the more damage is caused to your liver, and when hepatitis is already affecting your liver, drinking is like throwing oil on the fire.

C medication, your treatment will lose its effectiveness. In addition, your liver may give signs of major difficulty, and your treatment will have to be suspended.

For heroin, cocaine and marijuana, no significant interaction has been documented so far with HIV medications. However, remember that opiates like heroin greatly weaken the immune system. Using them will prevent you from reaching your HIV or hepatitis treatment goals. On the other hand, marijuana has no effect on the liver and no interaction with these treatments.

Taking methadone with HIV medication produces different results depending on the medication. Generally, HIV treatments tend to reduce the level of methadone in the blood, which creates effects similar to withdrawal. An increased dose of methadone could be necessary. On the other hand, with certain HIV medications, methadone reduces the level of the medication in your blood, and with others it does the reverse. Talk about this with your doctor. On the other hand, methadone and hepatitis medications are totally compatible.

**Marijuana has no effect
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treatments.**

What You Need to Know About Overdosing

An overdose happens when the amount of drugs you've taken is more than what your body can handle. While it's possible to overdose with any drug, including prescription medication and alcohol, overdoses of coke (including crack) and heroin are the most frequent. In general, you increase your risk of overdosing when you shoot up coke or heroin rather than snorting or smoking them. Smoking crack is just as risky as injecting cocaine. It's also important to know that many overdoses are caused by taking methadone and depressants together.

Don't shoot up alone. If you buy dope from a new dealer, try a small amount before injecting your usual dose. If you stop using for a period of time, when you start up again, make sure that you start small. Your body doesn't retain the same tolerance as it had when you were using regularly. If your hit is too strong, to reduce the risk of going into convulsions or losing consciousness, put ice or a towel soaked in cold water on the back of your neck.

The signs of cocaine overdose vary. A person who is overdosing may be extremely anxious and agitated, paranoid or aggressive, or delirious, or may experience hallucinations. Their pupils will dilate, they'll have trouble breathing, and

**Overdoses of coke
(including crack) and
heroin are the most
frequent.**



they may go into convulsions or have chest pain. If they lose consciousness, they'll have foam at the mouth. In the case of a severe overdose, death normally occurs within the 12 hours following the coke intake. On the other hand, if a person is having a heroin overdose, they'll be drowsy. They may also feel euphoric and have hallucinations. Their pupils shrink, their heartbeat speeds up and then slows down, their body temperature goes down, and their lips turn blue. In the case of a severe overdose, death usually occurs one to three hours after the heroin is taken.

In the case of an overdose, call 911 immediately and ask for an ambulance. Try to keep the person awake by talking to them and calling them by name. If they're unconscious, lay them on their side so they don't choke if they vomit. Give mouth-to-mouth if they're not breathing, but be careful because they may vomit. Stay calm and stay with the person until the ambulance arrives. Tell the emergency responders what the person took, how much, and when they took it.

In a shooting gallery, if you see someone overdosing, call an ambulance. Put aside your fear of being arrested; emergency responders aren't there to arrest anyone. If it's impossible to keep the person in the shooting gallery, take them outside and stay with them until the ambulance arrives. If you just can't bring yourself to stay, write a note on a piece of paper explaining what drug the person took, how much, and when they took it. This may save their life.

In the case of an overdose, call 911 immediately and ask for an ambulance.



Pregnancy and Drug Use

A pregnant drug user is often seen as a bad mother. Nobody's interested in her; they're worried about the health of the foetus to the exclusion of all else. But what about the future mother? What are the risks of pregnancy for her physical and mental health?

Judging a pregnant drug user makes her feel shameful and guilty, which doesn't encourage her to go and get the medical care she needs.

When a woman uses drugs, she may stop menstruating, or menstruate on an irregular schedule. If this was the case for you before you got pregnant, you may not notice your pregnancy for several months. If you want to keep your baby, you won't have the benefit of good medical care throughout your pregnancy. And if you decide to have an abortion, it may be more complicated, or even impossible.

So even if you are menstruating irregularly or not menstruating at all, remember that you can still get pregnant. If you don't want to have a baby, keep using an effective contraceptive measure such as condoms. In addition to preventing

Judging a pregnant drug user makes her feel shameful and guilty, which doesn't encourage her to go and get the medical care she needs.

pregnancy, condoms protect you against STIs, HIV and hepatitis C. Four major benefits for the price of one small inconvenience—it's a hard deal to refuse!

Did you know that Ribavarin (a hepatitis C medication) is dangerous to foetuses? You need to wait at least 6 months after you finish a hepatitis C treatment with this particular medication before getting pregnant. If your HIV treatment includes Sustiva, you also need to stop taking it before you get pregnant. In both cases, talk with your doctor so that your medication can be changed.

If you're pregnant

If it's too late to have an abortion, or if you've chosen to keep your child, that may inspire you to stop using or to use less. It may also be a golden opportunity to start listening more carefully to your body and your needs along with those of your future baby. Pregnant women need to take good care of their health; pregnancy is demanding on the body, and you need more rest as well as a regular, balanced diet.

Have you heard of the OLO program? It provides eggs, milk, orange juice and vitamin supplements to low-income pregnant women. Find out more at your local CLSC or at the Montreal Diet Dispensary.

Have you heard of the OLO program? It provides eggs, milk, orange juice and vitamin supplements to low-income pregnant women. Find out more at your local CLSC or at the Montreal Diet Dispensary.

Medical care is crucial to the smooth progress of your pregnancy. Find a doctor that you feel you can trust. Don't hesitate to tell him or her you use drugs; this way you'll get adequate medical advice and follow-up that's adapted to your needs. If you feel judged, look for another doctor or come to Stella.

If you take drugs, the risks for your health and your baby's health depend on the type of drug you use, its quality, how much you use, how frequently you use it, and your lifestyle in general.

Did you know that with preventive treatments against HIV, the vast majority of HIV-positive women don't transmit HIV to their babies during pregnancy and labour? With close medical monitoring, they can give birth to healthy babies. However, they can't breast-feed. This is why, when you first visit your doctor, you'll be offered an HIV test and other STI tests.

If you take drugs, the risks for your health and your baby's health depend on the type of drug you use, its quality, how much you use, how frequently you use it, and your lifestyle in general. In fact, all psychoactive drugs, including alcohol, cigarettes and coffee, go through the placenta. Some products can be more damaging than others. If you're not able to stop using, you could perhaps reduce your use or change how you do your drugs (smoking instead of shooting up, for example), or you could choose to smoke pot. Also remember that it may be preferable to reduce how often you

smoke cigarettes rather than totally quitting smoking if the quitting process stresses you out too much.

Did you know that drinking alcohol or sniffing solvents during your pregnancy is much more damaging to a foetus than taking other kinds of drugs? Of course that doesn't mean that taking other drugs is safe. For example, cocaine and crack can make the placenta pull apart from your womb during your pregnancy. Cocaine, crack and heroin can cause premature labour. Drug-using mothers also often give birth to underweight babies. These effects on the pregnancy and on the baby are as much related to lifestyle, lack of medical care, malnutrition, and cigarette smoking as to drug use.

Heroin creates an addiction in the foetus. Cold turkey withdrawal is dangerous both for the baby and for you. In the three first months of your pregnancy, withdrawal can cause you to miscarry. In the last three months, you risk going into premature labour. Some doctors may recommend quitting during the second trimester of pregnancy, but only in the case of hospitalization and with a progressive reduction of methadone doses. If you haven't stopped using during your pregnancy, your baby will be put through gradual withdrawal when it's born.

The decision about whether or not to continue using during your pregnancy is yours alone to make. In 1997, a judgment from the Supreme Court of Canada stated that a pregnant drug user can't be forced into detox against her will. If you

Did you know that drinking alcohol or sniffing solvents during your pregnancy is much more damaging to a foetus than taking other kinds of drugs?

decide to stop using, you will need medical care because quitting cold turkey can be dangerous for your health and for your baby's health.

Problems caused by Foetal Alcohol Syndrome (FAS) cover a wide range of incapacities that may affect people whose mothers drank alcohol while they were pregnant. People who suffer from this may be shorter than average, have behavioural or learning problems or both, and their faces may look different from others. Foetal Solvent Syndrome can also affect children who are heavily exposed to glue or gas fumes.

There is no safe quantity of alcohol that can be drunk during pregnancy. We know that a foetus' brain is very sensitive to alcohol, but we don't know what quantity of alcohol is enough to cause the damage. What we do know is that children born of mothers who had even as little as one drink a day during their pregnancy can suffer from behavioural and learning problems. We also know that occasionally drinking a large amount of alcohol within a few hours is particularly damaging to the foetus.

Break your isolation so that you don't carry the burden of your pregnancy alone. Talk about it with someone you trust. The Stella team is also there for you!

Stress and the DYP

On their own, pregnancy and the arrival of a baby are both exciting and scary. But when you're going through a rough time, the scary part often feels much bigger. The fear of not being a good mother can be a source of stress and anxiety, especially for stigmatized drug users. In addition to the worries most pregnant women experience, drug users may be afraid their child will be taken away by the Director of Youth Protection (DYP).

According to the Youth Protection Act, the health workers (doctors, nurses, social workers and psychologists), police, daycare educators and teachers you're in contact with are obliged to take action when they believe that your child's safety or proper development are compromised.

When your baby is born, the drugs will be detected in your blood. Social workers will follow up with you to make sure you're able to take care of your child. Even though they do evaluations on a case-by-case basis, and the results depend on the resource person you deal with, here are a few suggestions for women who want to keep their babies.

First of all, you need a place to live. Make sure that your neighbours, parents, friends and acquaintances have no reason to contact the DYP about you. If the DYP takes away custody of your baby, they won't give you a chance if you have another one. After a certain time without contact with a child in the custody of the DYP, you risk losing custody for good. So even when you're struggling not to yell at the people you are dealing with, stay calm. And don't try to go through this alone. You'll increase your chances of getting through such a difficult time if you ask for support, either with Stella or elsewhere.

According to the Youth Protection Act, the health workers, police, daycare educators and teachers you're in contact with are obliged to take action when they believe that your child's safety or proper development are compromised.



Dope, the Law and Your Rights

If you're arrested while driving and you're under the influence of alcohol or other drugs, you risk having your drivers' license suspended for an undetermined length of time. If it's your second offence or more, you may find yourself subject to more severe penalties.

If you get arrested and you're carrying drugs, you may be charged with simple possession because you knew you had a stupefiant in your possession. You don't need to have a large quantity in your possession for this. A syringe with drug residue, or even an empty bag, can incriminate you. An arrest for simple possession will give you a criminal record and a police record.

Being arrested for possession with intent to sell has more serious consequences than being arrested for simple possession. If you're caught with a large amount of drugs, or if it's your second offence (or third, or...), the law is also much more severe. Every time you're arrested for possession, there are further repercussions and sentences get more severe.

By carrying drugs or by hiding drugs at your place for someone else, you put yourself at risk of going to jail. Even if they don't belong to you, the risk is the same.

By carrying drugs or by hiding drugs at your place for someone else, you put yourself at risk of going to jail. Even if they don't belong to you, the risk is the same. When you bring drugs over the border for someone else, once again, you're the one who'll take the rap. So when you travel, make sure that nobody can put anything in your bags without you knowing. Never let a stranger watch or carry your bags.

Bringing drugs over the border (being a mule) is a criminal act that may have serious repercussions. The prison term is a heavy one even if it's your first offence and you have no criminal record. And if you get caught in another country, that's where you'll do your time. Being in jail in the United States is a very different thing than being in jail here. The prisons are harder, whether you're in preventive custody or not, both in federal prisons and in the various state prisons. And it's even worse in private jails.

If you're arrested in Quebec or elsewhere in Canada

If the police arrest you, they're obliged to tell you why and to read you your rights. They can't arrest you without formally charging you with a crime. You must give them your name, your address and your date of birth, and let them search your pockets and your things. If you have syringes or other sharp objects on you, it's better that you tell them than to let them run the risk of injuring themselves during their search. If they prick themselves on your needles, they won't be inspired to

If the police arrest you, they're obliged to tell you why and to read you your rights. They can't arrest you without formally charging you with a crime.

treat you very well! For the rest, you have the right to remain silent until you're in the presence of your lawyer. You have a right to a lawyer. Ask to see yours. If you don't have one, ask for them to assign one to you.

Everything you do (insulting the police, fighting, sassing them) can bring on additional problems for you. Everything you say (confessions, lies, informing) can be used against you. The police may employ certain techniques to get you to talk (playing good cop/bad cop, making promises, lying to you, intimidation and violence). Don't say anything until you're in the presence of your lawyer. You'll find more information on your rights in Stella's XXX Guide.

The United States has a zero tolerance policy for the possession, sale and use of drugs.

If you're arrested in the United States

If you're arrested in the States, you're in big trouble. Every state has its own criminal code, and the sentences are generally longer than in Canada, particularly when it comes to drug charges. The United States has a zero tolerance policy for the possession, sale and use of drugs. Sentences can be extremely heavy, even for very tiny amounts of drug.

If you're arrested in the States, you have the right to speak with a Canadian consular agent and to insist that the closest Canadian government bureau be advised of your arrest. Be aware that according to US law, a foreigner who's detained at the border by US customs or immigration authorities doesn't have the right or privilege to contact a lawyer. However,

if you're charged with a crime, you have the right to be represented by a lawyer. You can ask the US government to assign one to you, but it's much better to get a good private lawyer, which is very expensive.

What the Canadian consulate can do for you

- Get in touch with your family to advise them of your situation and tell them you need their help.
- Explain the country's laws and regulations.
- Try to make sure you're well treated if you get arrested.

For more information, contact the Consular Affairs Bureau at 1.800.267.6788 and the Department of Foreign Affairs and International Trade at 1.888.949.9993 or at 1.613.996.8885 (collect calls are accepted).



Therapy: A User's Guide

If you feel you've become addicted to a drug, to prescription medication or to alcohol, talk about it with a resource person from an organization like Stella or with a doctor you trust, or find a specialized centre that may meet your needs. There are quite a few resources that can help you out. 24 hours a day, seven days a week, you can also call Drugs: Help and Referral toll-free at 1.800.265.2626 to get information and resources.

Be well prepared

Whether it's because you've made a decision yourself, your loved ones or your boss are pushing you, a judge requires it or you're scared of losing your children, your chances of successfully quitting are much better if you're doing it first and foremost for yourself. When you're well prepared, your chances are even higher. To make sure you don't return to your old patterns when you've gone clean, you will need to avoid the places where you used to use, and the people you used with. You'll also need to clean up and reorganize your life.

To make it through the quitting process, you need to understand why you're using. It's a good idea to draw up a

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list of the reasons why you started, and of factors that keep you using now. See if anything has changed along the way. Also, assess the frequency, duration, context and amount of your use. Take note of what makes you want to use. Do you use more when you're stressed out, or when certain people are around? If you've already tried to stop using and you relapsed, try to see what worked and what didn't before you try quitting again—you don't want to just repeat the same mistakes.

You might want to make a list of the own pros and cons of quitting for you. If the pros win out, you're probably ready to start taking steps. Otherwise, you may be better off waiting a bit. In the meantime, you can cut down on your use, take fewer risks, or smoke pot to help you use less of your usual dope.

Quitting

Going cold turkey means stopping your drug use in one shot. Some people choose to do this alone, while others get professional help. In some cases, it's not a good idea to quit on your own; it may even be dangerous. For example, if you're pregnant or if you want to quit alcohol or benzodiazepines cold turkey, you'll definitely need professional help. To quit methadone, you will need time, and it helps a lot to have good conditions: a strong support network, a well-organized life, and strong health.

What makes quitting so hard is not necessarily the years of drug use behind you, but other factors like the absence of a support network, your general state of health, mental health problems and so forth. Some people also find it hard to cope

In some cases, it's not a good idea to quit on your own; it may even be dangerous.

with losing the rush of getting high, or depriving themselves of the injection ritual. If you find it too difficult to quit, start by reducing your use, or change the way you use. For example, you could start smoking heroin or coke instead of injecting, and gradually reduce your doses.

If you go to jail, you'll have to go through withdrawal with no support, unless you were already on a methadone program, in which case you can continue it. You need to be able to give the authorities the name of your doctor or of the pharmacy where you usually get your methadone. If you arrive at the beginning of a week, you'll have to wait a day before getting your methadone. If you enter the jail on a weekend, you'll have to wait longer. To avoid the delay, if you have a summons or a sentence that's about to be pronounced, and you know you'll be going to jail, go and get a prescription at St-Luc Hospital, which offers a 49-day detox program, or go to the Montreal organization Relais-Méthadone. If you don't have a prescription, unless you're pregnant, you won't be able to get methadone unless you're in a federal penitentiary.

Specialized therapy and centres

Detox centres offer the possibility of quitting with professional help. In most rehabilitation centres, you need to be clean before you start a program, which is often provided on a long-term basis. Many places also offer individual and group therapy. Individual therapy is between you and a resource person. In group therapy, you share and talk with other people who have drug use experiences that are similar to yours. Some therapy programs and detox centres are government-funded, while others are private. You can also go through detox in a hospital. The programs, approaches and time frames vary from one place to another.

Detox centres offer the possibility of quitting with professional help.

In private centres, unless you get social assistance or employment insurance, you need to pay all fees yourself. Most centres use AA's (Alcoholics Anonymous) 12-step approach—12 principles that have helped many people to stop drinking or taking drugs.

Some private centres, like Dianova, use the bio-psychosocial approach. In other words, they work on people's physical, psychological and relational issues. Before taking on therapy at Dianova, you need to quit or detox. They accept people who are on a methadone program prescribed by Relais-Méthadone, CRAN or the Montreal Jewish General Hospital. The therapy happens on site for a minimum duration of four months, and up to 12 months. You can't use or do sex work, even when you go out. When you come back to the centre, you must submit to a urine test; if you've used, you stop therapy IMMEDIATELY. Therapy costs \$1,810 a month. If you get employment insurance, it costs you \$800 a month, while people on social assistance pay \$170 a month. The centre offers services to men and women, and in both French and English.

In public centres, you pay nothing. These centres often use a cognitive-behavioural approach, in which they analyze your thoughts, your beliefs and the behaviours those create. They then challenge certain thoughts and beliefs to help you change them or eliminate them, to encourage different behaviours.

The Centre Dollard-Cormier uses a harm reduction approach. They provide emergency services for intoxicated people. There's a waiting list, but pregnant women get priority. They also provide a shelter, which clients of the Centre have access to. The length of stay varies. It's always longer for people with mental health problems, and it's longer for homeless people

than for people with a fixed address. They've also got external services, day and evening. Sex workers can continue to work, which is not necessarily seen as being THE problem when they otherwise keep their lives well structured. It's a mixed centre, and it provides services in both French and English.

If you decide to go into therapy, think about what kind of therapy you want to do. Some kinds may not be a good fit for you. Also, choose a detox centre that works for you.

Here are a few questions you may want to think about:

- Is it individual or group therapy?
- How long does it last?
- What approach do they take? What does it consist of?
- How much do I have to pay?
- Will my work be considered a problem?
- If I continue to work during my stay or during my treatment, will they put pressure on me to stop doing sex work?
- Will my gender identity as a transsexual be respected? Will they question me about whether or not I'm clear about my gender?
- Does the therapy take place in Montreal, in Quebec or elsewhere? (For some people, it's best to get away from big cities, whereas for others it makes no difference.)
- Does the therapy take place in the countryside? (Therapy in the middle of nature may help you regenerate, think, put down roots and re-centre.)
- Do I need to stay there, or do I go home every night?
- Can I leave, use the phone and receive visitors?
- Can I rest when I want to, or do I need to follow a strict schedule?
- Do they offer workshops? If yes, am I obliged to take part in all the activities?
- Will it be possible to do physical exercise?

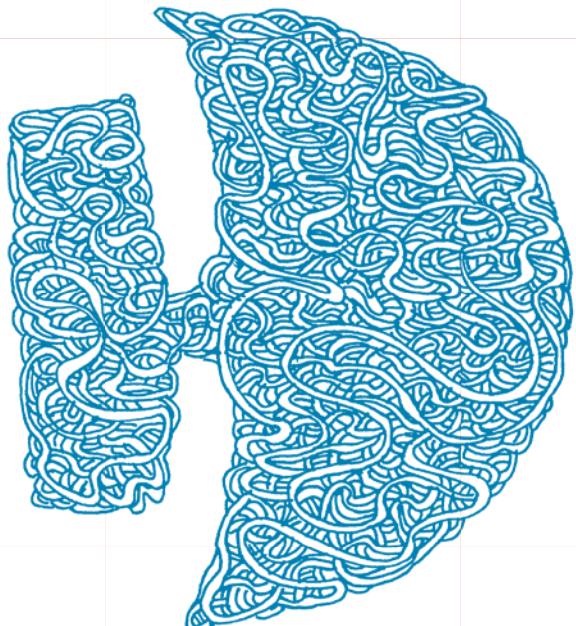
When your emotions start to surface

Drugs numbed your emotions. If you choose to stop using, you'll have to learn how to manage them all over again. At first, you'll feel a lot of emotion; you may have anxiety attacks. You'll have a hard time not thinking all the time, and you may feel that things were better when you were using. You may need to go through a long and difficult process before your emotions and moods re-stabilize. Tell the people around you that you're trying to quit, so you can get their support and help.

For more information, check out <www.toxquebec.com>. Remember, there are free Internet access points here and there all over Quebec and the rest of Canada.

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Resources



Stella

Stella is a community group run by and for sex workers. Stella is open to people who live or work as women, be they women, transsexuals or transvestites. If you are a prostitute, an escort, a stripper, a masseuse, a phone sex operator, a dominatrix or a porn actress or model, Stella is there for you.

Stella's mandate is to improve our living and working conditions as sex workers...

...by fighting violence and harassment against sex workers, and working to prevent sexually transmitted infections, for example. We also work hard to provide each other with the tools we need so that we can take control of our work, our safety and our health.

Stella does this by...

Offering each other support and information;
Educating the public and service providers about the realities of sex work;
Fighting against the discrimination we face as sex workers;
Promoting the decriminalization of our work.

Stella offers you a range of services and activities

Active listening, references to community, medical, and legal services;
Outreach work (providing support to you where you work);
Materials for, and advice about, HIV prevention (condoms and needles);

Materials for, and advice about, preventing violence. For example, every month we publish The Bad Tricks and Aggressors List; ConStellation, a magazine written by and for sex workers Information meetings on various themes; Community suppers; Accompaniment (when you need support); Various committees; Various guides on sex work which are available from Stella.

Why should you get involved ?

So you don't feel alone or isolated; To have access to a place where you can let off steam, that offers you support and invaluable advice; To fight together against bad working conditions : bad pay, harassment, violence, filthy conditions, racism, etc. To inform yourself about the laws that concern sex work and how the police apply them; To express yourself freely and share openly with other women who are living similar experiences; To receive The Bad Tricks and Aggressors List at home or at your agency; To participate in one of our fun and creative activities!

Drugs

Help and Referral

www.drogue-aidereference.qc.ca

They'll answer all your questions confidentially, 24/7. Toll free: 1.800.265.2626 Montreal region: 514.527.2626

Urgence Toxic

Information, help and referral service, 24/7: [514.288.1515](tel:514.288.1515)

Pusher d'infos

A newsletter written by and for drug users. Information is presented in the form of cartoon strips and personal stories. To get copies, contact Chantale Perron at: chantaleperron66@yahoo.ca.

Alcohol

Alcochoix

www.alcochoix.ca

This program is aimed at adults who are concerned about the impact of alcohol in their lives. It helps people become aware of their drinking habits and adopt more moderate ones. It's present in many regions of Quebec. In Montreal, call 514.273.5600, extension 6360.

Programme Le Portage

865 Richmond Square, Montreal. Information: [514.939.0202](tel:514.939.0202)

For Heroin Users when Methadone Treatment Doesn't Work.

The research group **NAOMI (North American Opiate Medication Initiative)** is carrying out a study that includes treatment with medically prescribed heroin. Since it's a research project, the selection criteria are strict. Find out more at [514.890.8360](tel:514.890.8360)

Ressources for First nations, Inuit & Metis

Native Friendship Center of Montreal

www.nfcm.org

Active listening and support, needles exchange, condoms and street patrol.

KA'WÁHSE

Montreal Urban Aboriginal Homelessness Street Patrol

Monday, Tuesday, Thursday, Friday 4:30 PM to 10 PM

Drop-in: Wednesday

2001 St. Laurent Boulevard, corner Ontario

514.499.1854

Treatment Centres

Onen'To: Kon Treatment Services

380 St-Michel, Kanesatake. Information: [450.479.8353](tel:450.479.8353)

In English.

Mawiomi Treatment Services

Maria. Information: [418.759.3522](tel:418.759.3522)

In English.

Miam Uapukun

Moisie. Information: [418.927.2254](tel:418.927.2254)

In French and Innu.

Wanaki Centre

Maniwaki. Information: [819.449.7000](tel:819.449.7000)

In French and English.

Centre de réadaptation Wapan

3611 Ducharme Blvd., La Tuque. Information: [819.523.7641](tel:819.523.7641)

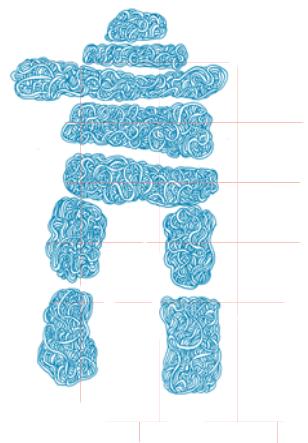
In French.

Walgwan Centre

Gespaspegiag. For 12 to 17-year-olds.

Information: [418.759.3006](tel:418.759.3006)

In French and English.



Pregnancy

Grossesse-Secours

www.grossesse-secours.org

Information and support service: [514.271.0554](tel:514.271.0554)

Centre de santé des femmes de Montréal

www.csfmontreal.qc.ca

Abortion and morning-after pills: [514.270.6114](tel:514.270.6114)

Montreal Diet Dispensary

Care for pregnant women, including the OLO program and support from a dietitian: [514.937.5375](tel:514.937.5375)

To Stop Smoking

Ligne J'arrête

1.866.527.7383 (toll-free) and www.jarrete.qc.ca

Information, advice and resources to help you quit smoking.

Needle Exchange Programs

Pact de rue

6669 Casgrain Avenue, corner St-Zotique

3 PM to 5 PM, Monday to Friday

[514.278.9181](tel:514.278.9181)

Stella

2065 Parthenais, suite 404, corner Ontario

Monday to Friday

[514.285.8889](tel:514.285.8889)

Spectre de rue

1280 Ontario Street East, corner Beaudry
9h30 AM to 7:30 PM, Monday to Friday
10 AM to 4 PM, Saturday and Sunday
514.528.1700

CACTUS-Montréal

1626 St-Hubert Street, corner De Maisonneuve
8 PM to 4 AM, Monday to Thursday
8 PM to 6 AM, Friday
4 PM to 6 AM, Saturday
4 PM to 4 AM, Sunday
514.847.0067

Dopamine

4205 Ontario Street East, corner Desjardins
8 PM to 1 AM, Monday to Sunday
514.251.8872

Dopamine

1473 Bennett Street, corner Adam
1:30 PM to 5 PM, Monday, Tuesday, Thursday, Friday
514.251.8872

Plein Milieu

4677 Saint-Denis Street, corner Gilford
4:30 PM to 11:30 PM, Tuesday to Saturday
514.524.3661

TRAC

1100 de l'Église Street, corner Champlain
4 PM to 9 PM, Tuesday to Friday
4 PM to 8 PM, Saturday
514.798.1200

L'Anonyme Mobile Intervention Van

Van: 514.236.6700

DAY	NEIGHBORHOOD	LOCATION	TIME
Tuesday	Mile-End Centre-Sud	Mount-Royal & St-Laurent Ontario & Dufresne	8 PM to 9 PM 10 PM to 12 AM
Wednesday	N.D.G. N.D.G. St-Michel	Exploration Côte St-Luc & Walkley Pie-IX	3 PM - ... 5:30 PM to 6:30 PM 7:30 PM to 8:30 PM
Thursday	Côte-des-Neiges Pte St-Charles Pte St-Charles	Victoria & Bouchette Wellington & Fortune Wellington & Charlevoix	7 PM to 8:30 PM 9:30 PM to 10:30 PM 11 PM to 12 AM
Friday	St-Michel South St-Michel North St-Michel Mercier	Park F. Perreault Pie IX/48 ième ave Pie IX Honoré-Beaugrand Métro	6 PM to 6:45 PM 7:45 PM to 8:45 PM 9:15 PM to 10:45 PM 22:45 PM to 23:30 PM
Saturday	Plateau Village Downtown	Pine & St-Laurent Champlain & Ste-Catherine St-Laurent & Ste-Catherine	22 PM to 23h30 PM 23:30 PM to 1 AM 1:15 AM to 3 AM

The Accès-soir Mobile Intervention Van for the Ahuntsic, Bordeaux-Cartierville and St-Laurent Neighborhoods
Cellular Phone: **514.347.4207**

DAY	LOCATION	TIME
Monday	Ahuntsic Park(Lajeunesse Street) Grenet & Mésy Decarie & Côte-Vertu (Metro)	5 PM to 6:30 PM 7:30 PM to 9 PM 9:30 PM to 11 PM
Tuesday	Salaberry & Grenet St-Laurent & Fleury	5 PM to 6:30 PM 7:30 PM to 9 PM
Wednesday	Ahuntsic Park(Lajeunesse Street) Henri-Bourassa & St-Michel Lajeunesse & Sauvé	5 PM to 6:30 PM 7:30 PM to 9 PM 9:30 PM to 11 PM
Thursday	Cardinal & Tassé Poirier & O'Brien Salaberry & Grenet	5 PM to 6:30 PM 7:30 PM to 9 PM 9:30 PM to 11 PM
Friday	Grenet & Mésy Decarie & Côte-Vertu (Metro) Henri-Bourassa Metro (Henri-Bourassa Street & Millen)	5 PM to 6:30 PM 7:30 PM to 9 PM 9:30 PM to 11 PM


**Treatment and
Detox for Drug Users**

Sir Mortimer B.Davis Jewish General Hospital

Herzl Family Medicine Centre

Methadone treatment program.

514.340.8273

Pavillon Foster

Inpatient and outpatient rehab services for English-speakers.

514.486.1304

Montreal General Hospital

Inpatient and outpatient treatment services for English-speakers with alcohol or drug addictions.

Information and services: 514.934.8311

Le Portage Centre

Rehab centre for people with drug addictions. Services for youth, adults, mothers with children, and people with drug addictions and mental health problems.

1640 St-Antoine Street Ouest

9 AM to 5 PM, Monday to Friday

514.939.0202

Centre Dollard-Cormier

Rehab centre for people with alcohol, drug or gambling addictions.

Open to youth, adults and elderly people and those close to them. Assessment and treatment services. Inpatient and emergency housing. Outpatient services (group and individual follow-up).

For services: 514.385.0046

Urgence-toxico

24 hours a day, 7 days a week

514.288.1515

CHUM-Saint-Luc Hospital

Medical detoxification services

514.890.8321

Relais Méthadone

11 AM to 12 :30 PM, Monday, Wednesday, Thursday, Friday
1 PM to 5 PM, Monday to Friday

514.847.9300

C.R.A.N.

Methadone Treatment

8:30AM to 5 PM, Monday to Friday

By appointment: 514.527.6939

A.S.P.A.

Support centre and outpatient rehab

9 AM to 5 PM, Monday to Friday

514.529.0641



**Day and night
centre**

Geipsi

HIV and drug use support

1223 Ontario Street East

1 PM to 5 PM, Monday and Friday

9 AM to 5 PM, Tuesday to Thursday

514.523.0979

Spectre de rue

1280 Ontario Street East, corner Beaudry

12:30 PM to 4 PM, Monday, Tuesday, Thursday, Friday

514.528.1700

Méta D'âme

Support centre for heroin addicts, people on methadone treatment and multi-drug users

9 AM to 5 PM, Monday to Friday

514.528.9000

 **Health and Social Services Centre
(CSSS)/CLSC**

CSSS for Ahuntsic and Montreal-North

CLSC Ahuntsic

1165 Henri-Bourassa Boulevard East

Montreal, H2C 3K2

514.381.4221

CSSS for Côte-des-Neiges, Métro and Park-Extension

CLSC Metro

1801 de Maisonneuve Boulevard West, 3rd floor

Montreal, H3H 1J9

514.934.0354

CSSS for Petite Patrie et Villeray

CLSC La Petite Patrie

6520 de Saint-Vallier Street

Montreal, H2S 2P7

514.273.4508

CLSC Villeray

1425 Jarry Street East

Montreal, H2E 1A7

514.376.4141

CSSS for South-West-Verdun

CLSC Verdun/Côte Saint-Paul

400 de l'Église Street

Verdun, H4G 2M4

514.766.0546

CSSS Jeanne-Mance

CLSC des Faubourgs

1250 Sanguinet Street

Montreal, H2X 3E7

514.527.2361

CLSC Plateau Mont-Royal

4625 De Lorimier Avenue

Montréal H2H 2B4

514.521.7663

CLSC St-Louis-du-Parc

155 St-Joseph Boulevard East

Montreal, H2T 1H4

514.286.9657

CSSS Lucille-Teasdale

CLSC Rosemont

3311 St-Joseph Boulevard East

Montreal, H1X 1W3

514.524.3541

CLSC Hochelaga-Maisonneuve

4201 Ontario Street Est

Montreal, H1V 1K2

514.253.2181

Pointe St-Charles Community Clinic

1955 Centre Street

Montreal, H3K 1J1

514.937.9251

500 Ash Avenue

Montreal, H3K 2R4

514.937.9251

 You can get free sterile injection material and return your used seringes in any CLSC.

 Many pharmacies sell seringes without a prescription, individually or as part of an *Personal Injection Material* kit.



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www.parlonsdrogue.com/en/accueil/index.php

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