

Harm reduction and medical services guide for Montreal

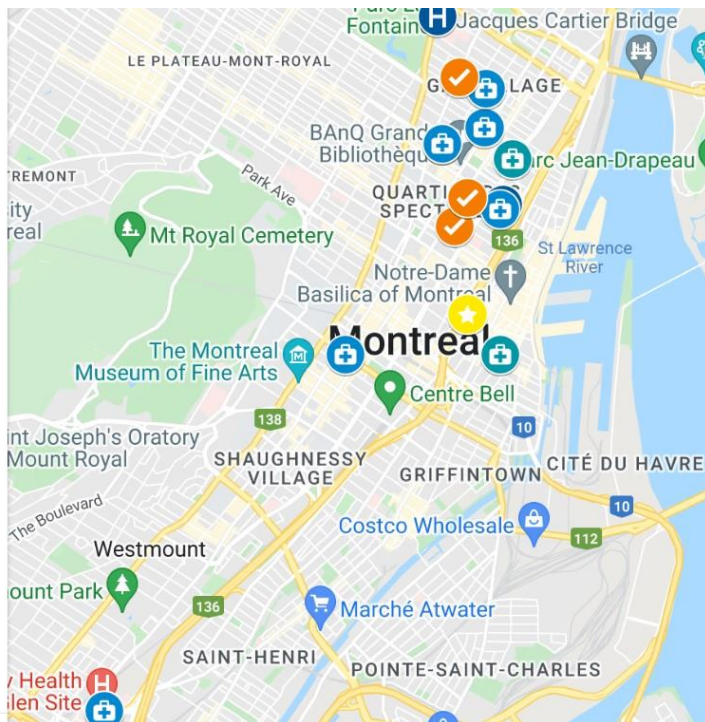
This guide provides information and guidance on:

- [Access to health services in Montreal](#)
- [Access to HIV, STI testing and treatment clinics](#)
- [Access to harm reduction services in Montreal](#)
- [Information about the use of drugs while in Montreal \(including drug and safety policies\)](#)
- [Community organizations in Montreal \(information and services for HIV and STBI prevention\)](#)

It includes guidance from harm reduction experts.

[Map of key health services](#) close to AIDS 2022 ([Palais des Congrès](#)):

- ★ Palais des Congrès (AIDS 20...)
- H Hospital - CHUM
- H Hospital - MUHC
- H Hôpital Notre-Dame
- Clinique Médicale Mont Car...
- Clinique A
- CHUM-HIV Clinic
- Clinique OPUS
- CVIS MUHC (HIV clinic)
- CMU Quartier Latin
- Clinique Médicale l'Actuel
- Clinique SIDEP+
- L'Agora Clinic
- ✓ CACTUS (SIS 2pm-2am)
- ✓ CACTUS (1300 Rue Sanguinet)
- ✓ Spectre de Rue Inc
- ✓ Dopamine - Site d'injection s...



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For information on harm reduction services at AIDS 2022, please visit:

www.aids2022.org/practical-information/harm-reduction-services



Access to health services in Montreal

Find emergency departments and medical doctors at the following locations.

The closest **hospital and/or medical** services are:

- [Centre Hospitalier de l'Université de Montréal \(CHUM\)](#)
1000 Rue Saint-Denis, Montreal, H2X 3E4
+1 514-890-8000
Metro Champ-de Mars, one Metro stop from AIDS 2022
- [McGill University Health Centre \(MUHC\)](#)
1001 Décarie Blvd, Montreal, H4A 3J1
+1 514 934-1934
Metro Vendome, seven Metro stops from AIDS 2022
- [Hôpital Notre-Dame](#)
1560 Sherbrooke east, Montréal, H2L 4M1
+1 514-413-8777
Metro Sherbrooke and bus 24 or Metro Papineau and bus 45
(Offers information services for people who use drugs)

The closest general health clinics (not HIV specialized) are:

- [Clinique médicale Mont-Carmel](#)
933 Bd René-Lévesque E, Montreal, H2L 4S4
+1 514 282-9197
(Call for information about making an appointment)
- [Clinique A](#)
407 McGill St #900, Montreal, H2Y 2G3
+1 514 787-0055
(Call for information about making an appointment)

For Information related to COVID-19 in Montreal, visit <https://santemontreal.qc.ca/en/public/coronavirus-covid-19>.

It provides information in over 10 languages.

Please take identification and proof of medical insurance with you, if possible, when going to an emergency department or hospital. As a traveller, it is your responsibility to take out adequate healthcare coverage before your trip.

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In case of emergency, call 911

For medical enquiries, please call 811 (Info-Santé)

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Access to HIV, STI testing and treatment clinics

Please note that you will likely be required to pay fees upfront if you do not have a Quebec health card (RAMQ), but you can call ahead to confirm.

Services closest to AIDS 2022:

Who	Where	When	Contact
CHUM: Infectiologie Virale Chronique	11th floor, Pavillion C 1000, Rue Saint-Denis, H2X 0C1	Monday to Friday 08:30-16:30	+1 514 890-8148 +1 844 366-3606
Clinique OPUS	Tower A, 1470 Peel St #850, Montreal, H3A 1T1	Monday, Wednesday and Thursday 08:00-15:00	+1 514 787-6787
MUHC: Chronic Viral Illness Service (CVIS)	Royal Victoria (wing) D 02.4110, McGill University Health Centre Glen Site 1001 Décarie Blvd, Montreal H4A 3J1	Monday to Friday 08:00-17:00	+1 514-843-2090 +1800 363-4814 (HIV specialized telephone consultations)
CMU Quartier Latin	2nd floor, 1733 Rue Berri, Montréal, H2L 4E9	Monday to Thursday 07:30- 20:00 Friday 07:30-17:00 Saturday 09:00-13:30	+1 514 285-5500
Clinique Médicale L'Actuel	1001 Boulevard de Maisonneuve Est bureau 1130, H2L 4P9, 11th floor	Monday to Thursday 08:00- 20:00 Friday 08:00-16:00 Sunday 08:00-15:00	+1 514 524-1001
SIDEP + CIUSSS du Centre-Sud-de-l'Île- de-Montréal	1705, Rue de la Visitation Montréal, H2L 3C3	Daily 08:00-16:00 (by appointment only)	+1 514-527-9565 x 1480
For men who have sex with men, sex workers and trans folk only.			*NOTE: Services are available without a Quebec health card (RAMQ)
L'Agora	2nd floor, 1733 Rue Berri, Montreal, H2L 4E9	Monday to Friday 07:00-17:00, (Tuesday evening until 20:00)	+1 438 844-7200
STBBI Medical Clinic - PEP - PrEP - HIV - Hepatitis - Substance Use Disorders / Substance Use Disorders (Substance Abuse)		Saturday 09:00-13:00 and every second Sunday	

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Access to harm reduction services in Montreal

The facilities listed in this section provide:

- Information and advice about overdose prevention and care
- Access to publications on harm reduction in relation to safe drug use (prevention of overdose and infection)
- Medical staff for people who use drugs

All harm reduction services at the facilities listed below are free, anonymous, confidential and readily accessible for all conference delegates, regardless of healthcare insurance.

Please note that to access some services, you will be asked for your name and date of birth, but will not be required to provide identification.

The closest harm reduction services to AIDS 2022 are at [Cactus Montréal](#).

Situated 700 meters from AIDS 2022, Cactus is a community organization active in downtown Montreal. It is involved in preventing sexually transmitted and blood-borne infections (STBBIs). Cactus works with people who use drugs, sex workers and trans people.

The closest Metro stations are: Saint Laurent, Champ-de-Mars and Berri-UQAM

Contact Cactus:

+1 514 847 0067

info@cactusmontreal.org

Cactus has two centres offering various services:



Services provided at **1300 Rue Sanguinet, Montreal, H2X 3E7**

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The centre offers: community programmes for people who use drugs; programmes for health and well-being of young people and the trans population and distribution of injection, inhalation and prevention equipment (drug paraphernalia and naloxone).

Services provided at **1244 Rue Du Berger, Montreal, H2X 1M1**

This supervised injection site offers distribution of sterile materials, recovery of used material, intervention and orientation, with nurses and counselling.

For more information on schedules, please call or visit <https://cactusmontreal.org/horaires/?lang=en>

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Supervised injection services

What is a supervised injection service?

A supervised injection service (SIS) is where people who use drugs can go to inject drugs they bring with them.

The SIS sites are:

- Safe and clean
- Supervised by qualified staff
- Legal

As part of the continuum of services for drug dependence, mental health and homelessness, SIS complement current services intended for people who inject drugs; SIS also use an approach that is adapted to the needs of people who inject drugs who rarely use available health and social services.

In Montreal, SIS are provided at three fixed sites and in a mobile unit by the health and social services network, [CIUSSS du Centre-Sud-de-l'Île-de-Montréal](#), in cooperation with community groups that have been working with people who inject drugs for many years.

To use SIS in Montreal, register when you arrive in the city. No identification is required. You will be asked to provide your name and date of birth.

Supervised injection services closest to AIDS 2022:

Who	Where	When	Contact
CACTUS	1244 Rue Berger Montreal, H2X3E7	Daily 14:00-02:00	+1 514-847-0067 #10
L'Anonyme	The mobile SIS bus circulates in neighbourhoods throughout Montreal	SIS: Every night 22:45-04:30	+1 -844-381-2455
Spectre de rue	1280 Rue Ontario E, Montreal, H2L 1R6	Daily 08:30-15:30	+1 514 528-1700
Dopamine	4205 Rue Ontario Est, Montreal, H1V 1K2	Every evening 20:00-00:30	+1 514 251-8872

For more information, go to <https://santemontreal.qc.ca/en/public/support-and-services/supervised-injection-services/>

Drug testing services

What is drug checking and/or testing?

Drug checking, also known as drug testing is the process of finding out more information about a drug. Usually, this is because a drug was purchased on the unregulated market and a person wants to find out if it is what they think it is. The purpose of drug checking projects is to reduce harm associated with drug use and, in that, prevent overdose.

Drug testing services closest to AIDS 2022:

Who	Where	When	Contact
CACTUS (Checkpoint)	1300 Rue Sanguinet, Montreal, H2X 3E7	Wednesday to Saturday 14:00-21:00	+1 514 847-0067 ext. 125. Facebook de Checkpoint.mtl
GRIP	Mobile drug checking	For an up-to-date calendar, see www.grip-prevention.ca/en/events/	+1 438-887-8338 Or +1 514-726-4106 @GRIPPrevention

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Directory of consumer equipment access centres

The following harm reduction organizations provide paraphernalia, such as injection material, sterile equipment, smoking equipment, safe waste containers and condoms.

Consumer equipment access centres closest to AIDS 2022:

Who	Where	When	Contact
CACTUS	1244 Rue Berger Montreal, H2X3E7	Daily 14:00-02:00	+1 514 847-0067 #10
Cactus PLAISIIRS	1300 Rue Sanguinet, Montreal, H2X3E7	Tuesday to Saturday 12:00-19:00 (closes at 17:00 on Wednesday)	+1 514 847-0067
Cactus Messenger	Delivery in downtown Montreal by people who use drugs	Monday to Friday mornings https://cactusmontreal.org/?lang=en	+1 514 561-4700 Toll free number : +1 855 561-4700
L'Anonyme	The mobile harm reduction bus circulates in neighbourhoods throughout Montreal	For more information, visit lanonyme-horaire-de-lautobus-1-avril-2021-affichage-web.pdf	+1 855 236-6700
Spectre de rue	1280 Rue Ontario E, Montreal, H2L1R6	Daily 08:30-15:30	+1 514 528-1700
Pharmaprix	901 Rue Sainte-Catherine E, Montréal, H2L 2E5	08:00-22:00 Please note that most pharmacies sell injection kits for CAD 1	+1 514-842-4915

For more information, visit www.sante.gouv.qc.ca/repertoire-ressources/cami or [Trouve ton centre](#) (Find your centre).

Directory of services for sex workers

The following organizations deliver educational services and activities, provide support and advice, and promote sexual, mental, physical and social health.

Services for sex workers closest to AIDS 2022:

Who	Where	When	Contact
RÉZO Sante Services for gay, bisexual and other men who have sex with men, cis and trans people	2075 Plessis Street, Montreal, H2L2Y4	Monday to Friday 10:00-17:00 (First visit by appointment only)	+1 514-521-7778
Stella Services, education, mobilization and advocacy by and for sex workers	#404, 2065 Rue Parthenais, Montreal, H2K 3T1	Drop-in: Monday, Wednesday, Thursday, Friday 11:00-17:00	Support line: +1 514 285 8889



Where to find naloxone in Montreal

In line with national policy in Canada, all ambulances and emergency rooms at Montreal's hospitals stock naloxone. If someone overdoses on opiates, physicians on duty in ambulances and emergency rooms can administer naloxone. In Canada, medical assistance can be used without fear of persecution.

Naloxone kits are easily available for free.

Sites for the provision of naloxone closest to AIDS 2022:

Who	Where	When	Contact
CACTUS	1244 Rue Berger Montreal, H2X3E7	Daily 14:00-02:00	+1 514 847-0067 #10
Cactus PLAISIIRS	1300 Rue Sanguinet, Montreal, H2X 3E7	Tuesday to Saturday 12:00-19:00 (closes at 17:00 on Wednesday)	+1 514 847-0067
Spectre de rue	1280 Rue Ontario E, Montreal, H2L 1R6	Daily 08:30-15:30	+1 514 528-1700

All pharmacies should supply free naloxone kits and should not ask for your ID or medical card.

For more information, visit www.inspq.qc.ca/sites/default/files/cartes/naloxone/index.html

Recommended pharmacies

If you need prescriptions (methadone or suboxone) or access to opioid agonist therapy while in Montreal, please contact your local doctor before travelling to Montreal. Please note that medications must be paid for directly at the pharmacy.

Pharmacies closest to AIDS 2022:

For general medical needs:

- [PJC](#), Jean Coutu 614 Rue Saint-Jacques, Montreal, H3C 1E2
08:30-22:30 Monday to Friday / 10:00-18:00 Saturday and Sunday. Tel: +1 514 954-9555

For methadone or suboxone (note that the information online is available only in French):

- [Pharmaprix](#), 901 Rue Sainte-Catherine E, Montreal, H2L 2E5
08:00-22:00 daily. Tel: +1 514 842-4915
Pharmacist: Pierre-Benoit Tremblay, Eric Van Hoenacker
- [Pharmacie Felice Saulnier](#), 1, avenue du Mont-Royal Est, Montreal, H2T 1N4
08:00-22:00 Wednesday to Sunday / 08:00-20:00 Monday and Tuesday. Tel: +1 514 282-1865
- [Program Cran](#): (opioid agonist therapy, methadone or buprenorphine)
Call for opening hours. Tel: +1 514 527-6939 or +1 866 726-2343

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Please carry your methadone prescription with you. If you are travelling with medicines, ensure that none of them is more than 100ml of liquid.

For more information on travelling with medication, please refer to [this guide](#).



Information about the use of drugs while in Montreal

Overdose crisis

If you plan to use substances, please be aware that Canada is facing a drug toxicity and overdose crisis.

Fentanyl and fentanyl by-products can be found in all types of drugs. If you use heroin, there is a high risk that it will contain fentanyl. A lot of heroin also contains benzodiazepine, which makes it a highly risky mix. Some fake opiate pills (dilaudid) also circulate on the market. Some tests confirm the presence of fentanyl in stimulants, such as cocaine and crystal meth.

For more information, visit [The drug toxicity and overdose crisis in Canada: a snapshot of what the current data tell us](#) | [CATIE - Canada's source for HIV and hepatitis C information](#)

Don't use alone

Carry naloxone

Lower your doses

Test your drugs

If you have to use alone, the following response service is available:

[National Overdose Response Service](#) (NORS). Tel: + 1 888-688-NORS (6677)

NORS is a 24/7 peer-run, peer-led overdose prevention hotline that provides caring, confidential, non-judgmental support for people who use drugs. Call the hotline from anywhere in Canada before using for affirming, respectful support.

In case of an overdose, call 911

In accordance with Good Samaritan laws, you will not be prosecuted for seeking assistance. Be honest about your own or a friend's drug use; this will make it easier for medical professionals to help.

Useful information links:

- L'Anonyme: [Prevention and transmission of information related to overdoses](#)
- Public Health Montreal: Advice and prevention of opioid overdoses
- L'Anonyme: [COVID-19 prevention options](#) for people who use psychoactive substances



Drug safety

In Canada, drugs are likely to be more potent than in your home country due to the current drug toxicity and overdose crisis.

Inform yourself about the effects and risks of the drugs you plan to use. Feel free to contact Alexandra de Kiewit (rdm@dispensaire.org) for advice.

What are the drug safety policies in Montreal?

- For any new drug or new source, always try a small dose first.
- If you are used to injecting your drug, try smoking a little bit first. The purity of a drug might be higher than what you are used to at home.
- Street dealers often sell "drugs" that are fake, not the substance they claim it to be, of dubious quality and sometimes even outright dangerous.
- Be aware that the term, "soft drugs", refers only to the legal framework and that does not mean that "soft drugs" like cannabis and magic truffles are harmless. Some of them are extremely strong and can cause paranoid psychosis and panic attacks. Be careful and aware of the effects of these drugs before using them.
- Even though possession of drugs is officially illegal, you can get your drugs tested anonymously at an official drug checking service. See links above for locations and opening hours in Montreal. Please note that you can only test drugs that are bought in Canada. Substances that are not recognized by the testing services may take up to a week to be tested in a laboratory.
- Despite possession being illegal, you can inject your drug in a supervised injection site where there are nurses, harm reduction workers and people with lived experiences who will assist you if you overdose.
- Only use in a stress-free, safe environment with people you know and trust.

Drug policies in Montreal

What are the drug policies in Montreal?

The Canadian Government has in the past divided drugs into two groups depending on their influence on human health: "soft drugs" and "hard drugs". Some people still refer to these terms.

- "Hard drugs", such as MDMA, LSD, morphine, cocaine and heroin, are forbidden in Canada. If there is an emergency, people who use these illegal drugs are strongly advised to indicate the drugs they have used to allow health workers to adequately operate. This is for your safety and health and they will not involve law enforcement at any time.
- Soft drugs, such as cannabis, are legal under conditions of "personal use" and only in the following forms: cannabis flower, cannabis oil and fresh cannabis. In the Province of Quebec, cannabis can be bought only from the [Société Québécoise du Cannabis](#) (SQDC), a government-owned seller. Cannabis bought from anywhere else or brought from abroad is considered to be criminal.
- In Canada, there are strict laws limiting quantities of cannabis from SQDC, conditions of sale and use. Driving under the influence of cannabis is equal to driving under the influence of alcohol. In addition, note that even though cannabis is legal for adults in Canada, it is illegal to transport cannabis and all products containing cannabis (including products containing CBD) across the Canadian border.



Community organizations in Montreal

The following organizations provide information and services for HIV and STBI prevention and support to local communities:

- [Action Santé Travesti\(e\)s et Transsexuel\(le\)s du Québec](#) (ASTT(e)Q): Promotes the health and well-being of trans people through peer support and advocacy, education and outreach, and community empowerment and mobilization
- [AIDS Community Care of Montréal](#) (ACCM): English-language organization that provides services for people living with HIV or hepatitis C
- [Centre associatif polyvalent d'aide hépatite C](#) (CAPAHC): Resource in Quebec for people living with hepatitis C and HIV
- [Centre d'Action Sida Montréal](#): Services for women living with HIV
- [COCQ-SIDA](#): Provincial coalition of AIDS organizations, legal information service
- [GAP-VIES](#): Haitian and African education services on HIV, hepatitis C and STBIs
- [GEIPI](#): Self-help organization for people living with HIV and homeless people
- [Maison d'Hérelle](#): Residential home for people living with HIV
- [Maison du Parc](#): Residential home for people living with HIV
- [Maison Plein Cœur](#): Support for people living with HIV
- [Méta d'Âme](#): Association for people who use opioids
- [Portail VIH/sida du Québec](#) (PVSQ): Provides information and support on HIV and STBIs
- [Réseau de la santé sexuelle des sourds du Québec](#) (RSSSQ): Prevention and support for sexual health for the deaf and hard-of-hearing community
- [Table des organismes communautaires montréalais de lutte contre le SIDA](#) (TOMS): Regional group of community-based organizations responding to HIV and AIDS
- [The provincial Quebec Association for the Promotion of the Health of People who use drugs](#) (AQPSUD): Health promotion and harm reduction for people who use drugs
- The following harm reduction services (detailed in the supervised injection services section of this document) provide a variety of other community support:
 - [L'Anonyme](#): Outreach intervention, sex education, urban security and housing
 - [CACTUS](#): Prevention of STBIs and fostering well-being of people who use drugs, sex workers and trans people
 - [Dopamine](#): Support for people who use drugs, focus on HIV and AIDS, hepatitis and STBIs
 - [Spectre de rue](#): Focus on STBIs, HIV and HCV through humanistic interventions and harm reduction perspectives