



Overdose Prevention and Response Helpline (OPAR-H)

Overview

A Helpline for overdose prevention and response

IF YOU
USE DRUGS
ALONE, THIS
SERVICE IS
FOR YOU

What we offer



A **free phone service** that is confidential & non-judgmental



Peer operators with personal **experience of using drugs & overdose**



Someone to be there while you use drugs and offer harm reduction advice



Create an emergency safety plan in case you need an ambulance

What we DON'T offer



Help for accessing alcohol & other drug treatment services

Why we do it



No one needs to overdose

**USING ALONE IS A SIGNIFICANT
RISK FACTOR FOR FATAL OVERDOSE**

About the Project

The Self Help Addiction Resource Centre (SHARC) and Harm Reduction Victoria (HRVic) are working together to support the design of the Australian first Overdose Prevention and Response Helpline. The peer led helpline will be trialled as part of Statewide Action Plan, a \$95.1 million investment by the Victorian Government in a health-led approach, with initiatives to reduce drug harms, save lives and give more people the care they need.

The new helpline will offer anonymous support and advice to individuals at risk of overdose across Victoria, encouraging safer drug use practices and assisting with emergency services responses. The helpline is based on the efficacy of other helplines internationally in reducing overdose and will provide a unique and evidence-based response for people at risk of overdose, utilising a peer model to reduce stigma and increase engagement.

The Association of Participating Service Users (APSU), a service of SHARC, is the peak Victorian consumer body for people who use, have used, or are eligible to use AOD services. HRVic is Victorias lead health promotion community organisation for people who use drugs guided by the belief that any drug related harm should be treated as a health issue.

Lived and living experience led and run organisations and leaders in Victoria's peer workforce and service delivery, SHARC and HRVic have been commissioned by the Department of Health to lead consultation and inform the design of the Helpline to maximise the impact and outcomes of this initiative. We will work together to ensure a diversity of perspectives inform this work, maintaining a focus on the expertise of people who use drugs, have used drugs and who may experience or witness overdose risk.