The recovery position is for when someone is unconscious (passed out) but otherwise unhurt, and breathing normally. If someone is hurt do not move them, call 911.

1. Tilt head backwards to open airways. Bend one arm out at their side.
2. Place other arm across chest with hand against cheek.
3. Bring far leg up to a 90° angle. This will help you roll them over no matter your strength or their size.
4. Roll them over.

The bent leg and arm give stability while the hand under the head keeps their airways open and they don’t choke on their vomit.

Do you need help with your own substance use, or someone else’s? You can call these numbers...

WINNIPEG and surrounding areas
Addictions Foundation of Manitoba (AFM) .......................................................... 1.866.638.2561 or 204.944.6235
Information about substances and addiction, plus a list of their services. www.afm.ca

NORTHERN MANITOBA
The Pas area (AFM) .............................................................................................. 204.627.8140
Thompson area (AFM) .......................................................................................... 1.866.291.7774
Flin Flon area (AFM) .............................................................................................. 204.687.1771
Native Addictions Council of Manitoba ................................................................ 204.586.8395

AFM had regional offices throughout Manitoba. To find the closest one to you check out afm.mb.ca/contact/afm-offices-outside-winnipeg/

If someone took too much or is having a bad reaction, call: 911

Poison Helpline - 204.787.2591
Health Links - 204.788.8200

Street connections offers mobile health services including safer drug use supplies, condoms, info about safer drug use or quitting, STI/HIV and pregnancy testing, counselling and getting people the help they need.
It’s safest to **not** use drugs and alcohol. But not everyone can or wants to make that decision all the time...

**Suggestions for How to Say “NO” to Alcohol at a Party:**

- I have a big game tomorrow
- I’m cutting down. Thanks though!
- I’m allergic to alcohol
- I’m driving tonight
- I babysit/work tomorrow
- I’m hung over from yesterday

**Let’s Party!**

But does it have to include drugs or alcohol? No way! Here’s a space for you to make a list of fun stuff that you like to do!

1)  
2)  
3)  
4)  
5)  
6)