**DETOX?**

**ONE** Go to your doctor, a nurse practitioner, a drop-in clinic or the hospital emergency department and say you would like to go to AXIS in Castlegar for withdrawal management.

**TWO** A doctor or nurse will complete the referral paperwork. (if they don’t know where to find it, they can print it here (<http://axis.bc.ca/services/addictions-services/> )

**THREE** If you are detoxing from alcohol, you may require bloodwork and a urine screen at the hospital or other lab.

**FOUR** Your referral package (and the results of your tests) are sent to AXIS.

**FIVE** You will need to call AXIS (250-460-1901) for a chat and to plan an intake date and time.

**SIX** Arrange transportation to Castlegar (Make sure to read the “What to Bring” part of the referral!) If you cannot arrange SAFE transportation, contact AXIS for support.

**SEVEN** Arrive at AXIS and complete intake. Relax, Rest. Start the healing process.

*Thanks to Nelson Street Outreach (250-777-3993) for this helpful guide*