

Name:

My Personal Harm Reduction Safety Plan

Though, we as your care team remain committed in the belief that everyone can recover. We also understand that not everyone chooses abstinence; even those who have sobriety as a goal often struggle to get there. And for some people, the current medications they are prescribed put them at increased risk of overdose.

Thank you for your honesty and openness with us as we strive to meet you where you are at now....

“Contrary to popular opinion, there are many things that we as drug users can do to take care of ourselves and reduce the possible health and other risks associated with using illicit drugs”.

– The Harm Reduction Coalition

Overdose Prevention Tips

- **Use less after any period of abstinence!**
 - After even a short time without using drugs, your tolerance goes down – this significantly increases the risk of overdose.
- **Do not mix drugs, prescriptions, and/or alcohol.**
- Use a less risky method (i.e. snort instead of smoke or inject)
- Test the strength of the drug before you do the whole amount.
 - “Tester shot” is it the effect you were expecting?
- Do not use alone.
- Do not share or reuse needles.
- Develop an overdose plan with your friends or partner.
- Do not use when having thoughts of suicide.
- Keep a Naloxone “Narcan” Kit with you and learn how to use it.
- Seek medical attention after an overdose, even if you were given Narcan

Here are some additional ways I plan to reduce the risks associated with my drug use:

- _____
- _____
- _____

My Personal Harm Reduction Safety Plan (continued)

Knowledge is the best resource!

We encourage you to continue learning about harm reduction. The Harm Reduction Coalition has a wealth of information and great opportunities to get involved locally: www.HarmReduction.org (212)213-6376.

My Institute for Family Health Center's phone number is

Save a Life Carry Naloxone

Naloxone is a medication that reverses overdoses from opioids such as heroin and prescription painkillers. **Talk with your care team about how you can get an overdose prevention kit today.** Naloxone is available to anyone who is at risk of opioid overdose — or knows someone who is.

Additional Resources:

1-800-lifenet (543-3638), a New York State crisis and resource hotline

1-888-NYC-Well (632-9355) a NYC crisis and resource hotline

Text "WELL" to 65173 in NYC

1-844-277-4820 Ulster County Mobile Mental Health (1PM - 11PM)

In Danger or need immediate medical attention? Call 911 Now!

New York's 911 Good Samaritan Law

This policy seeks to encourage people to call 911 when witnessing or experiencing an alcohol or other drug overdose by providing a limited shield from charge and prosecution for possession of narcotics, marijuana, and, for minors, alcohol. **If you are with someone who you suspect is overdosing – Call 911!**



**Again, we as your care team remain committed
in the belief that everyone can recover.**

Should abstinence or sobriety become your goal, please reach out for help and anyone on your care team can help you wherever you are on your path.