Substance Use Harm Reduction Measures

Your safety is very important to us! Addiction is a life-threatening issue.

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Recommendations for harm reduction*:

- ***There are no safe methods of using drugs or alcohol, however, there are ways to reduce the risks.**
- **Have Naloxone with you** regardless of what substance you are using.
- **Utilize Fentanyl test strips and Xylazine test strips** (test a small amount at a time) to help avoid the use of these substances.
- **Obtain clean needles** from a needle exchange/Syringe Service Program (SSP) location.
- **DO NOT** share needles or reuse needles.
- **DO NOT** mix drugs, prescriptions, and/or alcohol.
- **Injecting drugs increases potential health complications** (abscesses, embolisms, endocarditis, hepatitis, HIV/AIDS, infections, necrotizing fasciitis "flesh-eating disease," tetanus, wound botulism, and vein collapse).
- **DO NOT** use substances when you are having thoughts of harming yourself or others.
- **Seek medical attention after an overdose**, even if you were given Naloxone. You could still be at risk after the Naloxone wears off.
- **If using substances with others**, make sure everyone knows how to properly administer Naloxone.
- **If you plan to use substances alone**, please contact *"Never Use Alone"* at 1-877-696-1996 or use the *"Brave app."* These tools allow emergency personnel to intervene if you become unresponsive.

Additional Resources:

- Call 988
- Centerstone Mobile Crisis Line: (877) 463-6512
- Crisis Text Line: Text 741741
- Call 211 for additional resources
- Find Naloxone near you: *overdoselifeline.org/naloxone-indiana-distribution/*

Recovery Groups:

- In The Rooms, A Global Community: *intherooms.com/home/*
- Alcoholics Anonymous: *aa.org*
- Narcotics Anonymous: *na.org/*
- Celebrate Recovery: *celebraterecovery.com/*
- SMART Recovery: *smartrecovery.org*
- Recover Out Loud: *recoveroutloudinc.org/*

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