

CARRY NARCAN PREVENT OVERDOSE DEATHS



What is Harm Reduction?



REDUCES VICARIOUS TRAUMA FOR FIRST RESPONDERS

Harm reduction practices directly reduces the severity and frequency of crises that first responders must address



COST-EFFECTIVE OVER TIME

Harm reduction prevents healthcare crises, eases strain on the criminal justice system, and decreased emergency service demands



HAS BEEN PROVEN TO DECREASE OVERDOSES.

Harm reduction decreases overdoses by providing access to life-saving resources such as NARCAN (naloxone).



DECREASED HEALTH COMPLICATIONS AND DISEASE TRANSMISSION

Harm reduction provides access to sterile injection equipment and providing education on substance use risks and harm reduction strategies.



HELPS PREVENT CHILDHOOD POISONING.

Harm reduction advocates for secure storage of hazardous substances and offers educational resources on household safety.



INCREASE REFERRALS FOR TREATMENT, HOUSING AND EMPLOYMENT.

Harm reduction establishes trusting relationships with individuals through non-judgmental support, offering resources and information about available services,

Harm Reduction is NOT



ENCOURAGING PEOPLE TO USE

Harm reduction is about acknowledging the reality of substance use and aiming to minimize its harmful consequences



"YOU DO YOU"

Harm reduction is a pragmatic approach that recognizes the complexities of substance use and aims to minimize harm while respecting the autonomy and dignity of individuals.



CONDONING RISKY OR DANGEROUS BEHAVIORS

Attach the new habit to an existing one that is already well-established. This way, you build on an existing routine to develop new habits seamlessly.



DISCOURAGING OR DISMISSING ABSTINENCE MODELS

While harm reduction approaches acknowledge that abstinence may be the goal for some individuals, they also recognize that it may not be feasible or desirable for everyone.

FOR FREE NARCAN CONTACT RAPPAHANNOCK AREA HEALTH DISTRICT AT 540-899-4797
LEARN MORE ON OUR WEBSITE: WWW.SAVELIFEFXBG.ORG