

Harm reduction

A Safer Step I Want Support With

Adults | 10 to 15 minutes

You can seek help with health and safety whether or not you are ready to stop substance use. Start with a concern that matters to you. A useful next step may involve medical care, overdose-prevention information, a safer setting, or practical support.

Choose one current concern and a qualified support to discuss it with. Do not change prescribed medication or attempt withdrawal using this page.

Name the immediate concern

Describe the health or safety issue without self-blame. Include barriers such as unstable housing, stigma, cost, or difficulty accessing care.

Ask for a concrete resource

Ask a qualified service about appropriate prevention resources, including naloxone education when opioid exposure is possible, and how to access treatment if desired. Follow local emergency guidance for suspected overdose.

1. What harm or health concern matters most to me now?**2. What goal am I willing to work toward?****3. What resource, information, or practical support would help?****4. Who can I contact, and what barrier needs an adaptation?****Clinical use and adaptation**

Respect goals without minimizing risk. Use current local harm-reduction and emergency information; this page is not overdose-response training. Do not advise abrupt alcohol or regular benzodiazepine cessation, medication changes, or behaviors presented as risk-free.