Harm Reduction in \*Insert Community/County Name\*

**Harm Reduction –** ‘a practical and transformative approach that incorporates community-driven public health strategies – including prevention, risk reduction, and health promotion – to empower people who use drugs (and their families) with the choice to live a healthy, self-directed, and purpose-filled lives’ (SAMHSA).

*What can harm reduction look like?*

Two of the most common forms of harm reduction for substance use are **naloxone** nasal spray and drug **testing strips**.

**What is Naloxone (NARCAN® Nasal Spray)?**

Naloxone is a medicine that can reverse the short-term effects of an opioid overdose. When given to someone, it blocks the effects of the opioids and helps the person start breathing until help arrives.

**What are Testing Strips?**

Powerful drugs such as fentanyl and xylazine have made their way into the drug supply in the United States. Testing strips help people who use drugs to understand what they may be consuming. This can help to prevent accidental overdose.

**Places you can find harm reduction services in our community:**

|  |  |  |
| --- | --- | --- |
| **Name of Organization** |  | **Name of Organization** |
| Location |  | Location |
| Phone Number |  | Phone Number |
| Website |  | Website |
| Resources Available: |  | Resources Available: |

|  |  |  |
| --- | --- | --- |
| **Name of Organization** |  | **Name of Organization** |
| Location |  | Location |
| Phone Number |  | Phone Number |
| Website |  | Website |
| Resources Available: |  | Resources Available: |

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| Phone Number |  | Phone Number |
| Website |  | Website |
| Resources Available: |  | Resources Available: |

## Learn more about harm reduction at northwoodscoalition.org.

*Substance Abuse and Mental Health Services Administration (SAMHSA). (2023, April 24). Harm Reduction. https://www.samhsa.gov/find-help/harm-reduction*

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