

# Additional Resources

Harm Reduction

# Harm Reduction Template

Use this template to build a harm reduction strategy

<b>Concerning Activity</b>	<b>Risk Factor</b>	<b>Desired Outcome</b>	<b>Harm Reduction Strategy</b>

# Harm Reduction Example

This is an example of a completed harm reduction strategy.

	Risk Factor	Desired Outcome	Harm Reduction Strategy
<b>Gambling</b>	Unable to pay bills	Able to still pay bills; avoid collections or foreclosure	Incorporate a specified amount of money for gambling into weekly budget
	Going over budget / going to ATM for more money	Stay within gambling budget	Leave ATM and credit cards at home
	“I drink and smoke when I go to the casino”	Reduction in risk / temptation to engage in other harmful activities	Change type of gambling – scratch offs, church BINGO

# Additional Resources

- Harm Reduction Tips for Using Cocaine  
<https://www.verywellmind.com/harm-reduction-tips-for-cocaine-users-21993>
- Harm Reduction Tips for Using Marijuana  
<https://www.verywellmind.com/harm-reduction-tips-for-marijuana-users-22321>
- Video: Inside Vancouver, B.C. Supervised Injection Site  
<https://www.youtube.com/watch?v=prNS1JHEUCQ>