

Additional Resources

Harm Reduction

Harm Reduction Example

This is an example of a completed harm reduction strategy.

Gambling	Risk Factor	Desired Outcome	Harm Reduction Strategy
	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

Harm Reduction Template

Use this template to build a harm reduction strategy

Concerning Activity	Risk Factor	Desired Outcome	Harm Reduction Strategy

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>