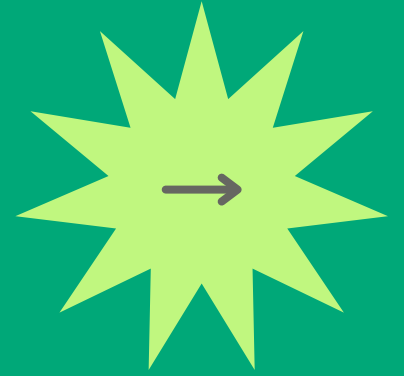


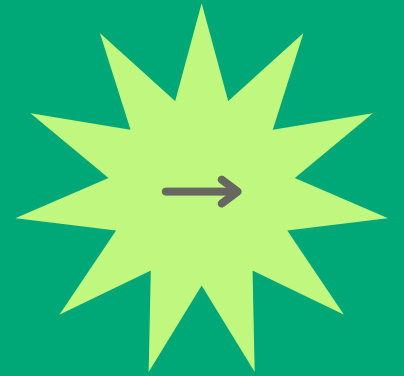
SUBSTANCE USE HARM REDUCTION STRATEGIES



Change starts with you.
Swipe to learn how to support
pregnant and parenting
people affected by substance
use to reduce harm.



01



What is harm reduction?



We can't completely eliminate risk of harm, but we can do our best to reduce it. You are likely already practicing harm reduction. Car seatbelts, mosquito repellent, and oven mitts are all forms of harm reduction.

02

Harm reduction strategies

Record how much you use.

This may reduce your usage even if it wasn't your original goal.

Set boundaries for use.

For example, "I will only use substances after 5 pm when my partner is home."



03

Harm reduction strategies

Weigh the pros and cons of stopping substance use.



Switch to a safer method.

For example, smoking cannabis to control dosage rather than taking an edible.

Don't use alcohol, opioids, or other depressants when you're alone or vulnerable.

04

Harm reduction strategies

Make a safety plan if you're going to use substances.

For example, arrange a safe way to get home so you don't have to drive.

Get reliable childcare or make a parenting plan if you're using substances.

05

Harm reduction strategies

Attend a support group.

Alcoholics Anonymous and other support groups can help.

Take care of yourself.

Eat healthy, drink water, get plenty of sleep and exercise to care for your body.



06

Thanks for reading!

This is the third part of a series on various topics pertaining to SUD. Come back to learn more about better language choices, different types of providers, harm reduction strategies, and other important topics.



This carousel was created using information from *Pregnancy and Substance Use: A Harm Reduction Toolkit* compiled by the National Harm Reduction Coalition and the Academy of Perinatal Harm Reduction

07

RESOURCES

If you would like to learn about other resources as well as tips to prepare for your baby, see below:

**PREPARING FOR YOUR BABY:
Information for Pregnant People
with Substance Use Disorders**

<https://tinyurl.com/23x3s3dn>

SAMHSA's National Helpline

1 (800) 662-HELP

