

Myths and Facts about Harm Reduction!

Harm Reduction focuses on developing programs and policies to reduce the harms associated with substance use. These associated harms include infection, disease or even death. By implementing these programs and services it promotes healthy populations

Myth



Fact



Harm Reduction only applies to people who use drugs.

Harm Reduction applies to all situations where you engage in something that could be dangerous. E.g. seatbelts, Smart Service training, etc.

Harm Reduction enables drug use

The availability of harm reduction programs does not cause people to begin using drugs

All drug use is bad.

People use many different substances everyday for a wide range of reasons. It is important to question why you believe some substances are acceptable (e.g. caffeine & alcohol) but others (e.g. cocaine, fentanyl, etc.) are not.

Supervised consumption sites do not work. They just create more problems.

The goal is to prevent overdose, deaths, connect people to services and reduce the number of people using in public spaces. Research shows that they are effective.

Touching a needle in public will harm you

Properly handling a needle in public will not cause harm and can be easily disposed in a sharps container.

If I am not a medically trained professional, I cannot help someone who is overdosing.

You can get trained to administer naloxone, and reverse an overdose, but you should also call 911 for additional support, and if you can stay with the person until EMS arrives.