



Harm Reduction Safety Plan

Keeping yourself safer while working toward recovery

About This Plan

Harm reduction is about meeting people where they are. If you're not yet ready or able to stop using completely, this plan can help you stay safer. If you've been in recovery and are concerned about a possible relapse, having a plan in place can save your life.

We believe in your worth regardless of where you are in your journey. Your life matters. This plan is here to help protect it.

CRITICAL: Overdose Risk After Any Break

If you've had ANY period of reduced use or abstinence — even a few days — your tolerance has dropped. Using the same amount you used before could kill you. After time away, start with a much smaller amount than you think you need.

Part 1: My Information

Fill this out so people who care about you can help in an emergency.

My name:	
My usual substances:	
Known allergies/conditions:	

Emergency Contacts

People who know about my situation and can be called:

#	Name	Phone
1		
2		

Part 2: Reducing Risk When Using

Never Use Alone

- Have someone with you who knows what you're doing and can call for help
- If alone, use a crisis line that stays on the phone: call FRANK on 0300 123 6600
- Some areas have apps that check on you and send help if you don't respond
- Keep doors unlocked so emergency services can reach you

Test Your Supply

- Street drugs increasingly contain fentanyl — even cocaine, MDMA, and counterfeit pills
- Use fentanyl test strips if available (some drug services provide these free)
- Start with a tiny test dose and wait to assess strength
- A negative test strip doesn't guarantee safety — fentanyl may be unevenly mixed

Start Low, Go Slow

- After ANY break: use much less than your previous amount
- From a new supply: test with a small amount first
- Wait between doses — redosing too quickly causes overdoses
- Mixing substances (especially opioids + benzos + alcohol) multiplies risk

Part 3: Naloxone (Narcan)

Naloxone reverses opioid overdoses. It's available free from many pharmacies and drug services in the UK. It's safe to use — if someone isn't overdosing on opioids, it won't harm them.

Do I have naloxone? Yes No

Location: _____

Expiry date: _____

Does someone near me know how to use it? Yes No

To get free naloxone: ask your local pharmacy, drug service, or visit We Are With You or Change Grow Live services.

Part 4: Recognising Overdose

Opioid overdose signs:

- Not responding to voice or pain (sternal rub)
- Slow, shallow, or stopped breathing
- Blue/grey lips or fingertips
- Pinpoint pupils
- Choking or gurgling sounds

What to Do

1.	Call 999 — Say "overdose" and "not breathing"
2.	Give naloxone if available (follow kit instructions)
3.	Do rescue breathing — tilt head, lift chin, breathe for them
4.	Put in recovery position if breathing returns
5.	Stay with them until help arrives

Part 5: My Safety Commitments

Check the harm reduction steps you're willing to commit to:

- I will try not to use alone
- I will start with smaller amounts after any break
- I will carry or have naloxone accessible
- I will avoid mixing opioids with benzos or alcohol
- I will tell someone before I use
- I will call for help if something goes wrong

When You're Ready for More Support

Harm reduction and recovery aren't opposites — they work together. When you're ready to take the next step, support is available:

FRANK (free advice): 0300 123 6600

NA UK: 0300 999 1212

AA UK: 0800 917 7650

Samaritans (24/7): 116 123

Find local services: www.talktofrank.com/get-help/find-support-near-you

Your life has value — wherever you are in your journey. Please keep yourself as safe as possible.

We're here when you're ready. No judgement.
