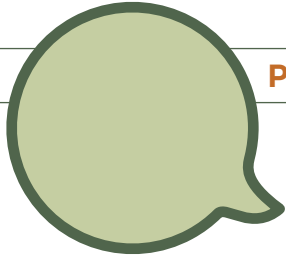




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Prevention Education Treatment Recovery Assistance

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## TIPS FOR REDUCING USE

- ▶ Track the consequences of use.
- ▶ Write out your reasons for reducing your use.
- ▶ Weigh the pros and cons of your current pattern of use.
- ▶ Track the times you use and the circumstances surrounding the use.
- ▶ Set a limit on spending to support use.
- ▶ Set a limit on your use.
- ▶ Change your substance of choice.
- ▶ Avoid high risk situations.
- ▶ Set a plan for when you will use and follow it.
- ▶ Discover healthy activities .
- ▶ Practice self-care.
- ▶ Change the way that you use; try a different route for use.
- ▶ Ask for support

**For Naloxone, contact The Doorways: 2-1-1**

The Doorway at AVH: 603-342-5000

The Doorway at LRH: 603-259-1659

**For access to sterile supplies: [NextDistro.org](https://www.NextDistro.org)**

Next Distro is an online and mail-based harm reduction platform designed to reduce opioid overdose deaths, prevent the spread of disease associated with injection use and improve the health of people who use drugs.

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**[AskPETRA.org](https://www.AskPETRA.org) | 603-259-1729**

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