

3

2

1



other ways I'm trying to be safe

- harm reduction tools I use:
- ☐ naloxone
 - ☐ buddy system
 - ☐ clean supplies
 - ☐ other:
- harm reduction tools to try:
- ☐ naloxone
 - ☐ buddy system
 - ☐ clean supplies
 - ☐ other:

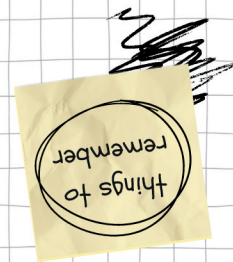
biggest safety risks for me



who I can count on
(friends, family, groups, etc)



things I need every day
(housing, food, mental health, etc)

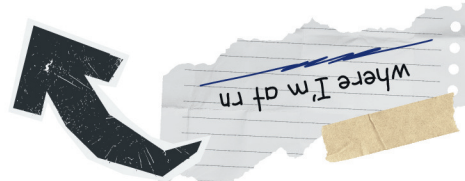


what could be risky for me

where at & with who

how often

what I'm using



STEPS TO TAKE



goal:

what I can do:

1

2

3

who can help?

when I want to try it by:

what I need to make it happen:



next
check-in date:



checking in

how we should check-in: ☐ call ☐ text ☐ meet

if I miss it:

how I wanna celebrate progress

- ☐ coffee or a lil snack
- ☐ do something artsy / make music
- ☐ touch grass / go for a walk
- ☐ something else, like:

We make this plan together.
It's all about **your goals,**
your pace, and **your safety.**

National Never Use Alone Hotline

Calls are 100% confidential

Answered by folks with
lived experience

They won't share anything with
anyone except EMS — and only if
you stop responding.

Call 800-484-3731 or 877-696-1996
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SAFE
USE
SUPPORT
PLAN