EMOTIONAL Harm Reduction

The practice of applying the principles of harm reduction towards the self - understanding that the self refers to individuals, teams, organizations, and society.

THE WORK

Elicits psychological injury as a result of profound loss, and sustained/heightened anxiety.

Moral distress and subsequent residue forever alters our ability to manage stressors.

SELF

Being intentional about seeking support networks, and in turn, being prepared to reciprocate.

Tailor-made strategies that reflect your individuality, centering on solidarity and compassion towards the self.

SOCIETY

Capitalism, white supremacy, colonization, racism, and misogyny permeate our society.

Precarious funding breeds unnecessary competition and fuels infighting.

Harm reduction is rooted in social justice, not lateral violence.

TEAM

Fostering a culture of community care, patience, and comradery.

Understanding that moral distress arises from feelings of helplessness. Make space for direct action. Nothing you do will change the system, but everything you do will help the people.

ORGANIZATION

Harm Reduction challenges policies and procedures that create harms. Set your sights on your own organization. Audit for inclusion, representation, and oppressive practices.