

HARM REDUCTION RESOURCE GUIDE



What is harm reduction?

Harm reduction is a compassionate and practical approach to addressing drug use and its associated risks. It aims to minimize the harm caused by drug use without requiring abstinence or judgment. Here's what you need to know:

Harm reduction is based on the belief that everyone deserves respect, dignity and the opportunity to live a healthier life. By adopting this approach, we can create safer communities and support individuals and families impacted by addiction and overdose.

For more information and support, reach out to Perfectly Flawed Foundation or local harm reduction organizations.

Together, we can make a difference.

Non-judgmental support

Harm reduction treats drug use as a complex issue that requires understanding and empathy. It supports individuals without stigmatizing or blaming them.

Safer substance use

Harm reduction promotes strategies that reduce the risks associated with drug use, such as providing clean needles, syringes and safe disposal options to prevent the spread of infections like HIV and hepatitis C.

Overdose prevention

Harm reduction educates individuals and their families on recognizing and responding to drug overdoses. It advocates for the widespread availability and training in administering naloxone, a medication that can reverse opioid overdoses.

Accessible health care

Harm reduction emphasizes access to health care services, including substance use treatment, mental health support and counseling, to improve overall well-being and help individuals lead healthier lives.

Education and awareness

Harm reduction initiatives aim to increase awareness about the risks and effects of drug use, including safer use practices, to empower individuals to make informed decisions about their health.

Community engagement

Harm reduction encourages collaboration between community members, service providers and policymakers to develop and implement effective strategies, policies and services that meet the needs of individuals who use drugs.

If you need IMMEDIATE ASSISTANCE, Call 9-1-1 or go to your nearest emergency department.

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Harm reduction service providers

Perfectly Flawed Foundation

240 First St. | LaSalle, Illinois

Non-crisis text line or call (815) 830-8675

perfectlyflawed.org

Monday – Friday | 9 a.m. – 5 p.m.

Appointments after hours and weekends per request and subject to staff availability. Mobile and mail-based delivery options are available.

Harm reduction and recovery support services for addictive behaviors; one-on-one peer support; service navigation and referral to treatment; SMART Recovery support groups and social activities; educational resources; overdose prevention training; overdose reversal drug (naloxone) distribution; syringe access and disposal, safer sex and safer use supply kits; and drug checking and drug test strips. Ages 18+. Services are confidential and available at no cost.

SMART Recovery support groups:
Every Tuesday at 6 p.m.

SMART Family & Friends support group:
First Thursday of each month at 6 p.m.

Provides a locked outdoor sharps drop-off accessible 24/7 for safe disposal of syringes.

Living Room

1916 N. Main St., Ste. 3 | Princeton, Illinois

(815) 872-2943

613 W Marquette St. | Ottawa, Illinois

(815) 443-5160

arukahinstitute.org/living-room

Monday – Friday | Hours are subject to change. Please call.

The Living Room is a free, inviting space offered to local residents. It is a non-clinical space for adults age 18 and over who are experiencing a mental health crisis or substance abuse issues.

JOLT Foundation

2203 N. Sheridan Road | Peoria, Illinois

(309) 966-3643

joltharmreduction@gmail.com • joltfoundation.org

Serving Peoria, Illinois, and the surrounding region

Harm reduction, overdose prevention training, overdose reversal drug (naloxone) distribution, syringe access and disposal, safer use supplies, drug checking and drug test strips.

Chicago Recovery Alliance

3110 W. Taylor St. | Chicago, Illinois

(773) 367-3771

info@anypositivechange.org • anypositivechange.org

Serving Chicago and Rockford, Illinois

Harm reduction, overdose prevention training, overdose reversal drug (naloxone) distribution, syringe access and disposal, safer sex and safer use supplies, drug checking and drug test strips.

Live4Lali

3255 N. Arlington Heights Road, Ste. 508

Arlington Heights, Illinois

(844) LV4-LALI (584-5254)

info@live4lali.org • live4lali.org

Serving Chicago, including mail-based and mobile delivery options are available.

Harm reduction, overdose prevention training, overdose reversal drug (naloxone) distribution, syringe access and disposal, safer sex and safer use supplies, drug checking and drug test strips.

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Advocacy resources

- [Overdose Prevention Sites | Illinois Harm Reduction and Recovery Coalition](#)
- [Summary of Information on The Safety and Effectiveness of Syringe Services Programs \(SSPs\) | CDC](#)
- Drug Overdose Statistics Fact Sheet: Drug Policy Alliance – [Resources – Drug Policy Alliance](#)

COVID-19 resources

- [COVID-19 Response | National Harm Reduction Coalition](#)
- [COVID-19 - National Viral Hepatitis Roundtable](#)

Education

- [Safety First | Halpern-Felsher REACH Lab | Stanford Medicine](#)
- [Just Say Know Drug Education - SSDP](#)
- [Drug Overdose | Injury Center | CDC](#)

Faith-based resources

- [Faith in Harm Reduction](#)

Grief and bereavement resources

- OSF Grief and Loss Groups – Call for further information on support group times, dates and locations. (815) 343-5891
- [Substance-Related Grief Support : Live4Lali](#)

Harm reduction resources for alcohol

- Harm reduction, Abstinence and Moderation Support (HAMS) (hams.cc) is an online peer-led support and informational group for anyone who wants to change their drinking habits for the better.
- Moderation Management (Moderation.org) is a lay-led non-profit dedicated to reducing the harm

Legal help for people who use substances

- [Legal Action Center](#)
- Information on Good Samaritan laws, syringe possession and distribution, drug checking and naloxone access.
 - nextdistro.org/policies
 - [Good Samaritan Law - Jolt Foundation | Harm Reduction, Peoria, Illinois](#)
 - [Syringe & Supply Access | Illinois Harm Reduction and Recovery Coalition](#)

Know your rights in Illinois

- [Drug-Induced Homicide Defense Toolkit](#): Health in Justice Action Lab
- [Which States Protect Your Right to Communicate after Arrest?](#) Chicago Appleseed Center for Fair Courts
- [Know Your Rights!](#) Sex Worker Outreach Project Chicago (SWOP)
- [Marijuana Use in Illinois - Your Rights](#): ACLU of Illinois
- [Legality of Dispensing Naloxone to Minors in Illinois](#): Network for Public Health Law
- [Legalization of Marijuana in Illinois Fact Sheet](#): Access to Justice/Chicago Legal Protection Fund Community Navigator Program
- Being held in pre-trial detention in Cook County? Your friends and family can request financial assistance from the Chicago Community Bond Fund.
- caused by the misuse of alcohol.

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FREE Mental Health Crisis, Help and Suicide Hotlines

Suicide Prevention Life Line

Available 24 hours | 7 days a week | 365 days a year

Call 988

Cares Line

(800) 345-9049

24-hour mental health crisis and referral services

Crisis Text Line

Text "Hi" (or anything you want) to 741741

Gay & Lesbian National Hotline

(888) THE-GLNH (888-843-4564)

IMAlive Program

imalive.org

Suicide intervention, prevention awareness and education

National Domestic Violence Hotline

(800) 799-7233 | Text 88788

online chat @thehotline.org

National Runaway Safe Line

(800) RUNAWAY | 1800runaway.org

National Human Trafficking Hotline

(888) 373-7888 | Text 233733

humantraffickinghotline.org

National Sexual Assault Hotline

(800) 656-HOPE (4673)

rainn.org

Teen Line

Teens helping Teens

(310) 855-4673 | Text TEEN to 839863

teenlineonline.org

National Alliance on Mental Illness (NAMI)

(800) 950-NAMI | crisis text NAMI to 741741

Advocacy, education, support and public awareness

Smart Recovery

Free group discussion meetings

smartrecovery.org

Trevor Help Line

(866) 488-7386 | Text START to 678678

thetrevorproject.org

Suicide prevention for LGBTQ+ teens

Veterans Call Line

Call 988

Warm Line

(866) 359-7953

Monday – Friday, 8 a.m. to 5 p.m.

Emotional and self-advocacy support and recovery education; ages 12+

Medication-assisted recovery providers

Illinois MAR NOW program

(833) 234-6343

dhs.state.il.us/page.aspx?item=145809

MAR NOW connects callers to immediate treatment for opioid use disorder, including telephonic prescription and home induction on buprenorphine or same-day clinic appointments for methadone, buprenorphine or naltrexone. MAR NOW can also connect patients to withdrawal management and residential treatment. Callers asking for opioid treatment between 6 a.m. - 10 p.m. seven days a week will be immediately connected to a provider. After hours, callers will leave a message and receive a call back the next day.

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Local NP

917 First St. | LaSalle, Illinois

(815) 780-2525

Schedule appointments online at [Jennifer Olesen, APRN-FPA - Family Medicine](#)

Medication assisted recovery (MAR), overdose prevention medication (naloxone), hepatitis C and adult health care services. Ages 18+. Medicaid, Medicare, self-pay and commercial insurance are accepted.

North Central Behavioral Health Systems

727 E Etna Rd, Ottawa IL 61350

(815) 434-4727

www.ncbhs.org

MAT; therapy/counseling, case management services; 18+ All insurance, self pay, indigent, Medicaid, Medicare, managed care commercial insurance.

OSF Medical Group

535 Park Ave. E. | Princeton, Illinois

(815) 875-4531

240 N. Mason St. | Sheffield, Illinois

(815) 454-2811

[OSF Medical Group - Primary Care | OSF Healthcare](#)

Buprenorphine treatment to aid in opiate addiction with prevention counseling services to encourage sobriety. Ages 18+. Medicaid, Medicare, self-pay and commercial insurance are accepted.

Trillium Place on Rochelle, an Affiliate of Carle Health

Medication Assisted Recovery (MAR)

3420 N. Rochelle Ln, Peoria, IL 61604

Peoria, Illinois (309) 222-2185

Opioid Overdose Prevention Education and Naloxone Distribution. Overdose awareness, education and prevention. Naloxone training and distribution and drug test strips. (309) 215-1163

TrilliumPlaceHealth.org

Mental Wellbeing Resource Guide

osfhealthcare.org/guide

For counseling and addiction resources in the Illinois Valley Area.

Overdose prevention

- Cook County Department of Public Health – [Responding to an Overdose with Naloxone](#):
- Stop Overdoses.org – [Naloxone & Overdose Response Training Videos](#)
- Jolt Harm Reduction Foundation – [911 Good Samaritan Law](#)
- Chicago Recovery Alliance – [Any Positive Change](#)
- NEXTDistro – [Overamping \(Stimulant Overdose\)](#)
- Opioid Overdose Basics - National Harm Reduction Coalition
- OnPoint NYC - [Making History. Saving Lives](#)
- illinoisharmreduction.org/ops-toolkit

Policy and reform

- Drugpolicy.org
- [Senate Bill 1830 would strengthen communities across Illinois by elevating a public health approach to reducing the harms associated with drug use, replacing the failed strategy of punishment and incarceration](#)
- enditforgood.com
- [Broken No More](#)

Prescription drug disposal

- [Drug Disposal: Drug Take Back Locations | FDA](#)
- OSF Saint Clare – Princeton, Illinois
- OSF Saint Elizabeth – Ottawa, Illinois
- Sheffield Telepharmacy – Sheffield, Illinois

Safer use resources

- San Francisco State University - [Safer Use for College Students](#)
- Dancesafe – [Drug Checking + Test Kit Info](#)

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- Drug Policy Alliance – [How to Use Naloxone & Naloxone Info](#)
- Project SAFE & Vital Strategies – [A Guide to Using Alone, By People Who Use Drugs](#)
- National Harm Reduction Coalition – [Fentanyl & Overdose Prevention Guide](#)
- Cook County Department of Public Health – [How to Use Fentanyl Test Strips](#)
- NEXTDistro – [Harm Reduction for Benzos \(English\)](#)
- NEXTDistro – [Harm Reduction for Benzos \(Spanish\)](#)
- Never Use Alone – [Don't Use Alone Hotline + Chat](#)
- Test Positive Aware Network (TPAN) – [Free HIV and Hepatitis C Testing](#)

Support groups

- [Harm Reduction Works](#)
- [In The Rooms](#)
- [Refuge Recovery](#)
- [SMART Recovery](#)
- [Alcoholics Anonymous](#)

Wound care

Access wound care services and resources from our member organizations:

- Live4Lali – [Wound care kit delivery & mail-out service. Fill out this form to request supplies.](#)
- Chicago Recovery Alliance – [Better Vein Care Guide \(in English, Spanish, Romanian, and Croatian\)](#)
- NEXTDistro – [Wound & Abscess Care](#)
 - ASL Wound Care Video
- Harm Reduction Action Center – [Wound Care Zine](#)
- New Hampshire Harm Reduction Coalition – [Skin Care Guide for People Who Inject Drugs](#)

Wound care and safe use information

NEXT Distro

nextdistro.org

An online and mail-based harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs. The website includes comprehensive resources guides including drug overdose prevention, wound care, safer use, sexual and reproductive health.

Never Use Alone

(800) 484-3731

neverusealone.org

A 24/7 national overdose prevention call center providing crisis intervention and response hotline services to people who use substances while alone.

Brave App

brave.coop

The Brave App connects people who would otherwise use drugs alone with remote supervision and overdose support, while protecting their privacy, anonymity and autonomy.

Community Outreach Intervention Projects (COIP)

4756 W. Madison | Chicago, Illinois

Mondays & Fridays | 11 a.m. – 4 p.m.

[Community Outreach Intervention Projects | University of Illinois Chicago](#)

Wound care services available on COIP's mobile outreach unit

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