

HARM REDUCTION READER



LEARN ABOUT HARM REDUCTION

NATIONAL HARM REDUCTION COALITION

National organization focused on overdose prevention, safer drug use, syringe access, fentanyl and xylazine safety, and sex worker safety.
harmreduction.org

DANCESAFE

Nonprofit with resources on safe consumption, sexual health, political advocacy, and event outreach.
dancesafe.org

VOCAL-NY

Grassroots membership organization that does community organizing, advocacy, participatory research and direct action related to harm reduction.
vocal-ny.org

SAFERPARTY

Swiss organization providing neutral information about psychoactive substances and the risks of substance use, and offers anonymous advice.
saferparty.ch

TRIPSIT

Offers learning modules on effective tripsitting, drug information, dosage calculators, combination checkers, and test kits on demand.
tripsit.me

ALCOHOL AND DRUG FOUNDATION

Australian organization providing drug information and safe consumption tips, guides on how to talk about substance use and harm reduction, and links to academic work.
adf.org.au

NEXT DISTRO

Online and mail-based harm reduction service with detailed references for both individuals and community organizations, on safe use, drug testing, and state policies.
nextdistro.org



Photo by Bill Bernstein. Studio 54, 1979



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CHECK YOUR DRUGS

DRUGS DATA

DrugsData is the independent, anonymous, DEA-licensed laboratory analysis and drug checking program of the Erowid Center. Samples are submitted via mail, testing costs between USD 100 – 150, and results are published online approximately 2 weeks after the sample arrives at the lab. They test all psychoactive drugs, and cannabis, mushrooms, herbs, or vitamin products with prior approval. drugsdata.org

KYKEON ANALYTICS

Kykeon Analytics is a Spain-based drug analysis lab that offers an anonymous, mail-based drug checking service that costs between EUR 20 – 100 depending on the type of testing required. Results are published online approximately one week after the sample arrives at the lab. kykeonanalytics.com

READ DRUG EXPERIENCES

EFFECT INDEX

When experimenting with substances, it's always better to know what side effects to expect and how to describe your experiences. The Subjective Effect Index contains 233 effect descriptions that exist to serve as a comprehensive map of all potential experiences that can occur under the influence of any class of psychoactive compounds, particularly hallucinogens. effectindex.com

EROWID EXPERIENCE VAULT

Erowid's vaults are an attempt to collect, catalog, and publish the wide variety of experiences people have with psychoactive plants and chemicals, as well as experiences with endogenous (non-drug) mystical experiences, drug testing, police interactions, meditation, mind machines, etc. It is one of the most comprehensive libraries containing user experiences with substances. erowid.org/experiences

PSYCHONAUTWIKI EXPERIENCE INDEX

PsychonautWiki is almost a combination of Effect Index and Erowid's vaults, but focused on hallucinogens and psychoactive substances. It is a catalog of written personal experiences and each report is linked with its relevant subjective effects. psychonautwiki.org/wiki/experience_index



Photo by Bill Bernstein. Electric Circus.



Photo by Bill Bernstein.
Paradise Garage, Dance Floor, 1979.

COMMUNITY RESOURCES

BROOKLYN HARM REDUCTION OUTREACH COOPERATIVE

BKHROC provides harm reduction supplies and information to underserved and marginalized communities in Brooklyn.

opencollective.com/bkhroc

ALLIANCE LES HARM REDUCTION CENTER

Lower East Side Harm Reduction Center is a community based, non-profit organization with the mission to reduce the spread of HIV/AIDS, HCV and other drug-related harm among injection drug users. They provide substance use management services with anonymity and train others in the practice of compassionate intervention.

alliance.nyc/leshrc

BRONXWORKS

The BronxWorks Positive Living Harm Reduction program teaches ways to reduce the harm of risky behaviors related to alcohol and substance use and helps participants living with HIV/AIDS learn to live a healthier lifestyle. Their services are only for HIV+ individuals.

bronxworks.org

PEOPLE OF COLOR PSYCHEDELIC COLLECTIVE

The POCPC provides psychedelic education to people of color. They create spaces for people of color to learn about the harms of the war on drugs and the healing properties of psychedelics together.

pocpc.org



Photo by Bill Bernstein. Studio 54, 1977.

LEGAL AND POLICY INFORMATION

DRUG POLICY ALLIANCE

DPA explores and advocates for government regulation and safer supply as a legal, known alternative to the unregulated drug supply. It hopes to replace prohibition with equity-centered policies and practices.
drugpolicy.org

CANNABIS IN COMMON

Cannabis In Common advocates for the legalization of cannabis at the federal level. Supporters work together under a unified campaign to remind elected officials that cannabis legalization is incredibly popular amongst constituents.
cannabisincommon.org

CRACKDOWN PODCAST

Crackdown tells the story of drug user activism in the face of hostility and neglect.
crackdownpod.com

AMNESTY INTERNATIONAL DRUG POLICY REFORM

Amnesty International is a global human rights movement that also has a drug policy reform campaign. They are focused on decriminalization and regulation and the eradication of harms related to the war on drugs.
amnesty.org/en/what-we-do/drug-policy-reform

IN EMERGENCIES

If you are concerned that someone may be having an adverse reaction to a substance, especially if they are unable to stay awake or breathe, dial

911

If you are in emotional distress or having a suicide crisis, call the Suicide and Crisis Lifeline at

988

If you are dealing with mental and/or substance use disorders, you can reach the Substance Abuse and Mental Health Services Administration's (SAMHSA) national helpline at

1-800-662-HELP

View online



Cover photo by Bill Bernstein.
Xenon, Fan Dancer, 1979.

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