



What is Harm Reduction?

Harm reduction is a public health strategy and philosophy focused on minimizing the negative consequences associated with drug use and other high-risk behaviors—without requiring abstinence. At its core, harm reduction is rooted in respect and dignity, recognizing the humanity of people who use drugs and supporting them without judgment.



Harm Reduction is:

- ✓ *A way to keep people safe and healthy*
- ✓ *Respecting people's choices and meeting them where they are*
- ✓ *Using tools like naloxone, sterile supplies, and drug checking supplies*
- ✓ *Helping people take small steps toward health and safety*
- ✓ *A bridge to care, support, and services*
- ✓ *Rooted in dignity, respect, and compassion*

Harm Reduction is NOT:

- ✗ *Not about enabling drug use.*
- ✗ *Not a moral judgment – it's about health and human rights.*
- ✗ *Not anti-recovery or anti-treatment*
- ✗ *Not a requirement for abstinence or sobriety.*
- ✗ *A one-size-fits-all solution*

For the general public, we offer:

- *Community syringe litter pickup*
- *Free naloxone (Narcan)*
- *Overdose response training*
- *Harm reduction education led by people with lived experience*

Challenges Inc SC, is a 501c3 not-for-profit organization based out of Greenville, SC.

Whether you're a business, organization, or individual looking for support or resources, we're here to help. Reach out to connect or schedule a training today.



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“Its never really been about the drugs....”