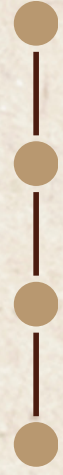




# A HARM REDUCTION PLAN

*made for me*



ASKING FOR  
ACCOMODATIONS



CHECKING THE FACTS



SIGNS MY MOOD IS  
CHANGING



SEEK SUPPORT



LIMITING



SAFE PEOPLE

UNSAFE PEOPLE

