

## Harm Reduction for Better Health

Talk with an AHP counselor and decide what behavior changes you can make to improve your life and health. What does harm reduction look like?

### For Drug and/or Alcohol Recovery

- Managing cravings
- Identifying triggers
- Stopping negative thoughts
- Identifying relapse justifications
- Reducing risk for injectors
- Joining a support group to talk it over

### For Sexual Health

- Getting free HIV tests at AHP
- STD screenings and treatment
- Hepatitis A vaccination and hepatitis C screening
- Learning about sexual behaviors that reduce the risk of HIV infection.
- Access to PrEP navigation services at AHP

### For Sexual Health

- Syringe access is a best practice to reduce the spread of HIV and hepatitis C.
- AHP is a syringe access site and has syringe disposal boxes in all bathrooms and at the reception desk.

## Contact Us

Call 415-476-3902 Monday through Friday,  
9 am–5 pm and ask for triage.

Drop-in to 1930 Market Street on Mondays,  
Wednesdays and Fridays from 9 am–11 am.

