

Harm reduction

“**Harm reduction** (or **harm minimization**) is a range of public health policies designed to reduce the harmful consequences associated with various human behaviors, both legal and illegal.”

From the perspective of working with people looking for recovery or in recovery harm reduction may have interacted with or influenced some of the decisions they have made in order to develop a recovery.

Harm reduction is controversial especially when viewed within a singular approach to all addictive behaviour that is currently highly prominent in the media, namely that a total abstinent or non-use approach is the only desirable goal and end point of a treatments to recovery process.

Recovery to Wellness coaches ought not to be drawn into this controversy. Our service to our clients is to partner with their navigation of their life and recovery process and that may necessarily involve them in engagement with any number of services, treatments and thinking paradigms to how to establish and develop their own recovery.

Please read the information on Harm Reduction on Wikipedia to give yourself an overview of the approach, thinking, participants and controversy.

[LINK TO HARM REDUCTION ON WIKIPEDIA](http://en.wikipedia.org/wiki/Harm_reduction)

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