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Harm Reduction or Non-Abstinence Only-based Peer Support/Mutual Aid Groups

[Harm Reduction Works \(HRW\)](#)

HRH413 developed Harm Reduction Works-HRW in response to the need for a harm reduction based alternative to abstinence only self-help/mutual aid groups. This is NOT in opposition to abstinence only groups. Harm Reduction Works-HRW is really for anyone who wants to know more about harm reduction and how it might help, for any reason regardless of their using or drinking history. This includes people with long term abstinence based recovery who actively participate in other groups such as 12 step. We say this explicitly because the typical narrative mistakenly places harm reduction in opposition to abstinence. Harm reduction includes abstinence. Harm reduction does not oppose abstinence. [Meeting locator](#)

[SMART Recovery](#)

Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®. [Meeting locator](#)

[HAMS - Harm Reduction for Alcohol](#)

HAMS is a peer-led and free-of-charge support and informational group for anyone who wants to change their drinking habits for the better. The acronym HAMS stands for Harm reduction, Abstinence, and Moderation Support. HAMS Harm Reduction strategies are defined in the 17 elements of HAMS. HAMS offers support via an online forum, a chat room, an email group, a facebook group, and live meetings. We also offer harm reduction information via the HAMS Book, the articles on this web site, and the HAMS podcast. HAMS supports every positive change. Choose your own goal - safe drinking, reduced drinking, or quitting alcohol altogether.

[Meeting locator](#)

Learn From People Who Do This Work Every Day