

KEEP IT REAL!

Harm Reduction Services



Keep It Real wants to support you in designing a life that matters to you!

Keep It Real understands that your relationship to substance use is complex, that different people need different options, and no one size fits all. Having choices provides positive outcomes.

We want to welcome you to explore what will work for you.

WHAT IS HARM REDUCTION?

Harm Reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with substance use.

WHAT WE OFFER

- Outreach
- Groups
- Individual therapy and counseling
- Peer led Refuge Recovery, Double Trouble in Recovery and Dual Recovery Anonymous Meetings
- Aftercare Services

WHY IT WORKS

Harm Reduction therapy works because it is person-centered, intelligent, compassionate, and flexible.

WHO WE HELP

Individuals with serious mental illness and alcohol or substance use problems.

CONTACT INFO

Phone: (831) 440-3590

Send Referrals to:

Fax: (831) 221-5220

Email: KeepItReal@InterimInc.org

"Come as you are, take what you need, leave what you want"