



- ✂ Substance Use Disorder (SUD) is a mental health disorder that impacts a person's brain and their behavior that leads to their inability to control their substance use.
- ✂ Recovery from SUD is possible through connection to others and a variety of treatment options.
- ✂ Harm Reduction programs, including syringe service programs (SSP) provide people with tools to prevent the spread of infections like HIV and hepatitis C and linkage to resources like healthcare and treatment for substance use disorder.
- ✂ People that participate in syringe service programs are 5 times more likely to be successful in their recovery journey.
- ✂ Syringe service programs are public health programs open to anyone in need of new injecting equipment including those with diabetes and other conditions requiring syringes.

YOU CAN SUPPORT PEOPLE WITH SUBSTANCE USE DISORDER & THOSE THAT LOVE THEM!

- 1.) **Learn** more about substance use disorder and harm reduction programs by visiting:
www.in.gov/health/hiv-std-viral-hepatitis/harm-reduction-and-syringe-service-programs
and
<https://www.in.gov/recovery/know-the-facts/>
- 2.) **Make:**
 - a. Sewn, knit, and/or crocheted 10X10 drawstring bags to be filled later with new supplies and the overdose reversal medication naloxone.
 - b. Knit or crocheted adult hats of all sizes.
 - c. Knit or crocheted adult scarves no smaller than 6 inches wide and 60 inches long.
All donations must be made with machine washable materials
 - d. An optional note of love and encouragement (signed with first name only)
- 3.) **Send:**
 - a. Donations to:
Stitching Away Stigma
c/o Almost 4 Minds
2345 South Lynhurst Drive
Indianapolis, IN 46241
 - b. Be sure to include your name and address so we can thank you for your donation!
- 4.) **Feel the Love!:**
 - a. Receive a certificate and letter of thanks for donating.
 - b. Feel GREAT knowing that you gave love and a dose of hope to people living with substance use disorder.

For pattern ideas, questions, or to learn more contact:

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