5

Agree on a possible follow-up

Explain if the schedule, transportation or not having a telephone make it difficult to return. Ask for a next step that you can take.

[8]

6

If you are treated badly, seek support

A community organisation, harm reduction team, or a trusted person can help you think about what to do. Prioritize your safety.

[8]

Information with sources

[3] SEISIDA · Palabras VIHsibles (2023)

[4] ONUSIDA / UNAIDS · Terminology (2024)

[8] OMS / WHO · Key populations (2022)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.

Full references and HTML version

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MOBHOPE
WP3

Your health matters. So does your voice.

Judgment-free care for people who use drugs.

Have you been judged before being heard?

Using drugs does not define who you are. Stigma can make it harder to seek support. You deserve clear information, a listening ear and respectful care, even if you do not want to or cannot change your drug use today.

English · estigma.info

1

Your story is more than drug use

A label such as “addict” does not describe your needs. You can ask to be treated as a person and for your concerns to be heard.

[3, 4]

2

Ask for help without judgment

Ask about harm reduction resources and health or social support. Help should focus on your needs, not reproaches.

[8]

Recognise · understand · act

3

You choose where to talk about your health

Ask what information the team needs and who can see it. Ask for a private place to talk about drug use or your health.

[3, 8]

4

Learn about the available options

You can ask about sterile injection supplies, overdose prevention, testing, or treatment. The offer depends on the service; ask for specific information.

[8]

A step that works for you.

You do not have to stop using drugs to deserve respect. Teams must also address barriers to your care.

You can say, "I need help with this, without being judged."

Connected with MOBHOPE · WP3: stigma and human dignity

MOBHOPE
WP3