

Drugs and You

Taking drugs always carries a risk and can potentially be harmful, if you choose to take drugs please bear in mind the following points



Start low, go slow

Start with a small dose & wait until you've been feeling the effects for at least 2 hours before redosing.

Remember drugs are becoming more & more potent & are not instantaneous, so resist the urge to re-dose too quickly

Avoid mixing drugs

Avoid mixing different drugs, especially with alcohol

Drugs could react together in a bad way & produce long-term health consequences. This is also a way to overdose without realizing.



Stay hydrated

with non-alcoholic drinks

Remember to sip non-alcohol drinks throughout the evening, but don't drink more than a pint an hour



There are no set doses

Age, weight, gender, ethnic background & even how tired you are, all play a part in drug metabolism. Your friend's dose may not be the right one for you.



Avoid using drugs when depressed or anxious

Taking drugs can make these feelings worse, either during the drug taking itself or as an effect of the comedown

Don't be afraid to seek help

Do seek help from staff or emergency services and be honest about what drugs you have taken.

If your friend is unwell, stay with them until help comes.

