

OVERDOSE AWARENESS DAY December 13th

...a day for the education of the prevention of overdoses, as well as to provide support for anyone affected by the consequences of an overdose

OVERDOSE AWARENESS - AVOID THE RISKS

TOLERANCE. Be especially careful if you haven't used for a while: not only has your tolerance gone down, the strength of the gear may have risen.

STRENGTH. Street drugs vary in purity from day to day. Ask about its strength and what it's like. BE CAREFUL.

MIXING DRUGS. Avoid mixing DRUGS AND ALCOHOL. Heroin and alcohol and/or downers are a particularly deadly combination. The more alcohol and/or downers you have in your system, the less heroin you need to overdose.

INJECTING. People who inject heroin are much more likely to overdose than people who smoke it.

DON'T USE ALONE. Using alone increases the chance of fatally overdosing because there is no one there to call for help or take care of you if you go out.

Contact your local drugs agency for advice about overdose prevention.

Have you got Naloxone?

Naloxone is a drug that can reverse the effects of overdose if used within a short period of time following overdose

Do you know that you can get Naloxone for free and to take home?

Did you know that Naloxone can save somebody's life?

Do you know that you can get free training that could help you save somebody's life?

Want to know more about how to avoid overdose and how to be trained in the use of Naloxone, then please contact your local drugs agency:

Recovery 999 ???

