

Using Drugs

Please take **extra precautions** when taking any kind of drug.

Some of them are causing **overdoses** but we don't know which ones until it is too late.

Assume it is something else.



Drugs are changing

Overdoses are rising

Reduce risk of overdose

- Test dose
- Go low and slow
- Stagger dosing among your mates.

Make a rescue plan

How would anyone know if I overdosed?

How would anyone find me?

Carry Naloxone.

If you have a smartphone, use BuddyUp app.

Naloxone



YOU
are important!



If you need support ring Aspire on 03000 213900



The Alcohol & Drug Service



Rotherham Doncaster
and South Humber
NHS Foundation Trust

Aspire Drug and Alcohol Services are provided in partnership by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) and The Alcohol and Drug Service (ADS).