

**WASTED
THIS
SUMMER?**

HAVE A GAME PLAN.

**Before you head out for
the night, think about how
you'll get home.**

Make sure you've got your money,
keys and phone, as well as some
taxi numbers saved just in case you
have to make a quick getaway.

Stay safe this summer, visit:

**[humankindcharity.org.uk/service/
south-tyneside-adult-recovery-service](https://humankindcharity.org.uk/service/south-tyneside-adult-recovery-service)**

  #wastedsummer • 0191 917 1160

