

**WASTED
THIS
SUMMER?**

KEEP YOUR COOL.

If you see someone in trouble, get medical help as fast as you can, but make sure someone else stays with them until help arrives.

Medics aren't there to judge. If you know which drug's been taken and how much, just tell them so they know how to help.

Stay safe this summer, visit:

humankindcharity.org.uk/service/south-tyneside-adult-recovery-service

  #wastedsummer • 0191 917 1160

