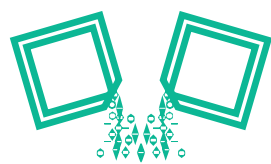


**WASTED
THIS
SUMMER?**

**LEAVE THE MIXING
TO THE DJ.**



MIXING IS A RISKY BUSINESS.

Stay in control and don't mix
drink and drugs, or drugs with
other drugs. If you want a high,
pick one and leave it at that.

Find out more at:

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



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THIS
SUMMER?

**START LOW,
GO SLOW.**

If you're going to take drugs,
try a small amount first and then
go slow until you know the deal.

Even alcohol can take a while
to have an effect, so make sure
you pace yourself properly or it
won't just be your dignity at stake.

Find out more at:

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



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WASTED
THIS
SUMMER?

EATING
ISN'T CHEATING.



PREPARE YOURSELF...

Line your stomach by having a
bite to eat before you head out.

Don't cut the night short,
party right and visit:

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

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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)

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WASTED
THIS
SUMMER?

**DON'T BE A STATE,
REHYDRATE.**



Sip water throughout the
night and take regular breaks
from the dance floor.

If you start to feel rough, let
your friends know.

For more tips on how to party
right, head to:

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

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WASTED
THIS
SUMMER?

STICK
TOGETHER.

Make sure you have good
people around you and decide
on a meet up point just in case
you lose each other.

If someone disappears, don't
presume they've bailed, find out
for sure before you leave.

Let's party properly, visit:

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

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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

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