

## WASTED THIS SUMMER?

### Every drug is different and the side effects can be unpredictable.

The safest decision is to go without, but if you do decide to take drugs, here are some tips to ensure you don't end up cutting your night short.



### EATING ISN'T CHEATING.

Prepare for the night by smashing some food before you head out.



### LEAVE THE MIXING TO THE DJ.

#### Mixing is a risky business.

Stay in control and remember that mixing drugs with drink or other drugs can create different and increased risks for you.

If you want a high, pick one and leave it at that.

## KNOW THE WARNING SIGNS...

**Throwing up:** Give them some water to sip slowly but avoid food. If they want to sleep, lay them on their side and stay close by.

**Paranoia:** Find them somewhere quiet and safe to sit and let them know that the feeling will pass.

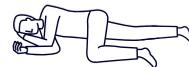
**Chest Pain:** Get a medic and whilst you are waiting, sit them down and try and comfort them.

**Fits:** Get a medic straight away and clear the area around them so they won't hurt themselves.

**Overheating:** Sit somewhere safe and ditch the extra layers. Wet some clothing with lukewarm water to cool the forehead and grab some more to sip slowly.

## IF THERE IS AN EMERGENCY...

- 1 Get medical help as fast as you can.
- 2 Make sure somebody stays with them.
- 3 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.



If they're unconscious, put them in the recovery position ASAP.

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# YOUR GUIDE TO PARTYING PROPERLY

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





## GET CLUED UP.

**Surprise side effects can be more than just trippy, they can be a warning sign for much worse.**

Think about where your head's at and if you're not feeling 100% then it's a definite no-go.

You might trust your dealer, but that doesn't mean they know what they're selling, or what's in it. So if you're heading to an event, find out if they'll have drug safety testing available, that way you'll know more about what you're planning on taking.



## HAVE A GAME PLAN.

**Before you head out, 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.

This goes without saying but we'll say it anyway - if you're going to drop, do it with friends. It's easy to stress out and get lost so make sure you have good people around you and decide on a meet up point just in case. If someone disappears, don't presume they've bailed, find out for sure before you leave.



## START LOW GO SLOW.

**Keep it low and take it slow. Try a small amount 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.

Keep yourself cool and stay hydrated. Take regular breaks from the dance floor and check in with your friends if you're feeling rough, you wouldn't want to waste your night cradling a toilet bowl.

