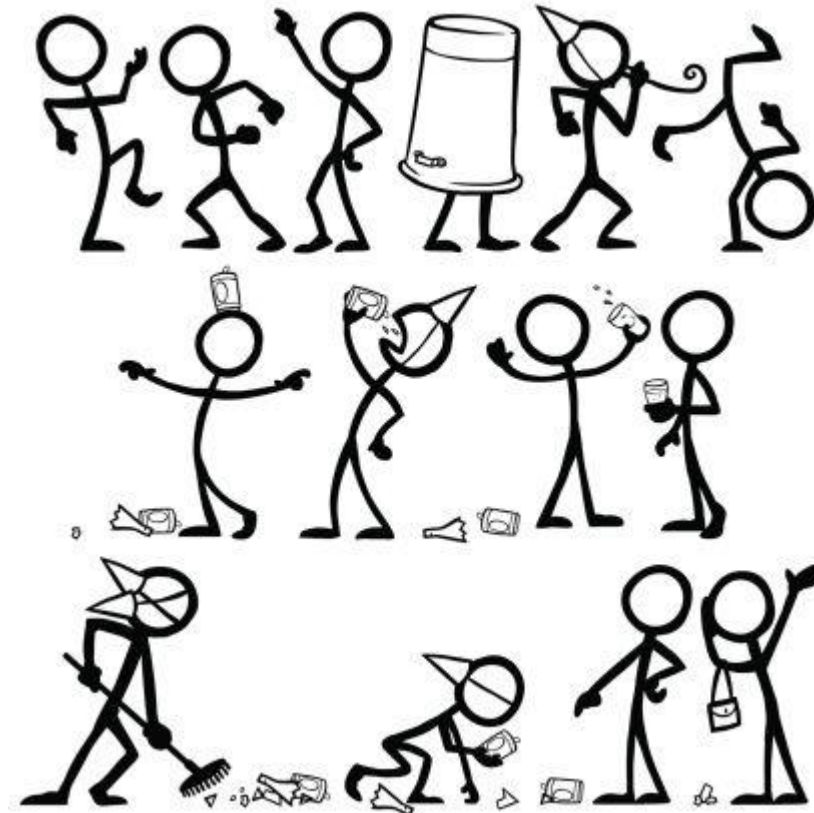













Going to a party after lockdown ??



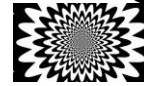


Let's talk about tolerance

<p>1. You may have experimented with substances on a regular/daily basis</p> 	<p>2. This could have been legal or illegal substances</p> 	<p>3. During the lockdown period your substance use may have decreased due to supply</p> <p>"Where's my dealer?"</p> 
<p>4. This would result in your tolerance changing</p> 	<p>5. And possibly suffering with withdrawal such as anxiety, sickness and nausea.</p> 	<p>6. And now your tolerance is <u>non-existent?!?!?</u></p> 
<p>7. So thinking ahead of the after lockdown parties you might not be able to use as much. And could end up like this</p> 	<p>8. Or even worse this.....</p> 	<p>9. So during your next party remember your tolerance is now different.</p> <p>#go low and slow #never use alone #don't mix your drugs</p> 



Hallucinogens



Ketamine



Acid



Mushrooms



LSD

Just remember.....

#Set limits in advance

#Keep cool & hydrated

#Know & say how you will cope with panic

#Avoid if mental health needs;

#Don't mix

#Check your mood before

#Safe Space:
Supportive people
(trip sitter)

#Know Overdose Signs

#Don't use machinery or
drive/ ride/ smoke/bath

When to call for help.....

*Panic agitation

*Aggression

*Pounding head

*Muscle twitches

*Seizures

*Extreme paranoia

*Sensory overload (touch, taste, hearing etc)

*Fast pulse

*Slow pulse

*Diarrhoea

*Vomiting

Stay with them, keep them WARM, awake & sitting up – DO NOT move them around



Go low and go slow

When it's fun it's done





Stimulants



Just remember.....

#Do NOT Mix with other Drugs

#Do NOT share sniffing equipment

#Do NOT use every day

#Keep your body temperature Cool

#Drink up to one pint of water an hour

#Don't be the first in the group to use it

#Take a small test amount

#Wait at least 2 hours before you take any more

#Use Chewing Gum



ECSTASY



MDMA



Cocaine

Go low and go slow

When it's fun it's done



When to call for help.....

*Rigid jerky limbs or seizures

*Sweating

*Loss of consciousness /
*Chest pains in & out of consciousness



*Trembling / shivering

*Rapid breathing & heart rate

*Muscle cramps

*Rapidly increasing temperature

*Hallucinations

*Anxiety / paranoia / distress or agitation

*Problems urinating

Stay with them, keep them

COOL & in a dark, calm

environment – DO NOT restrain



Depressants

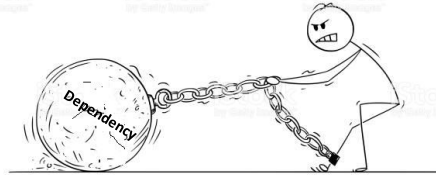
Just remember.....

- #Set limits in advance
- #Keep cool & hydrated
- #Know & say how you will cope with panic
- #Avoid if mental health needs;
- #Don't mix
- #Check your mood before
- #Safe Space:
- #supportive people (trip sitter)
- #Know Overdose Signs
- #Don't use machinery or drive/ ride/ smoke/bath

Alcohol



Cocaine



XANAX

VALS

Go low and go slow
When its fun it's done



When to call for help.....

- *Trouble breathing
- *Bluish fingernails and lips
- *Confusion and disorientation
- *Extreme dizziness
- *Blurred vision or double vision / narrow pupils
- *Weakness
- *Lack of co-ordination
- *Tremors
- *Profoundly altered mental status
- *Stupor / unresponsive
- *Floppy limbs
- *Low body temperature



Stay with them, keep them WARM, awake & sitting up – DO NOT move them around



First Aid

Before doing first aid you need to dial 999

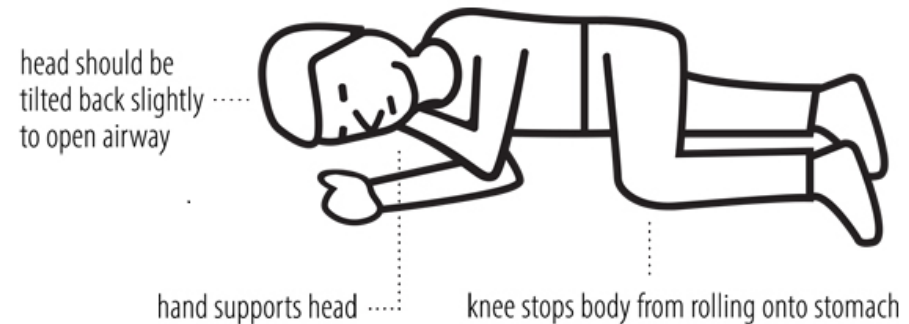
D: *ANGER (see if there is any for you or the patient)*

R: *ESPONSE (shout their name)*

A: *IRWAYS (are they clear)*

B: *REATHING (YES? Then put them into recovery position **Tip to remember; 'hello cheeky show us your leg'**) (If they are not...?)*

C: *HEST COMPRESSIONS (Due to the current Coronavirus and social distancing measures, Public Health Wales advise to avoid mouth-to-mouth resuscitation at present)*



barod



Useful Links

Click on the links to visit the websites

