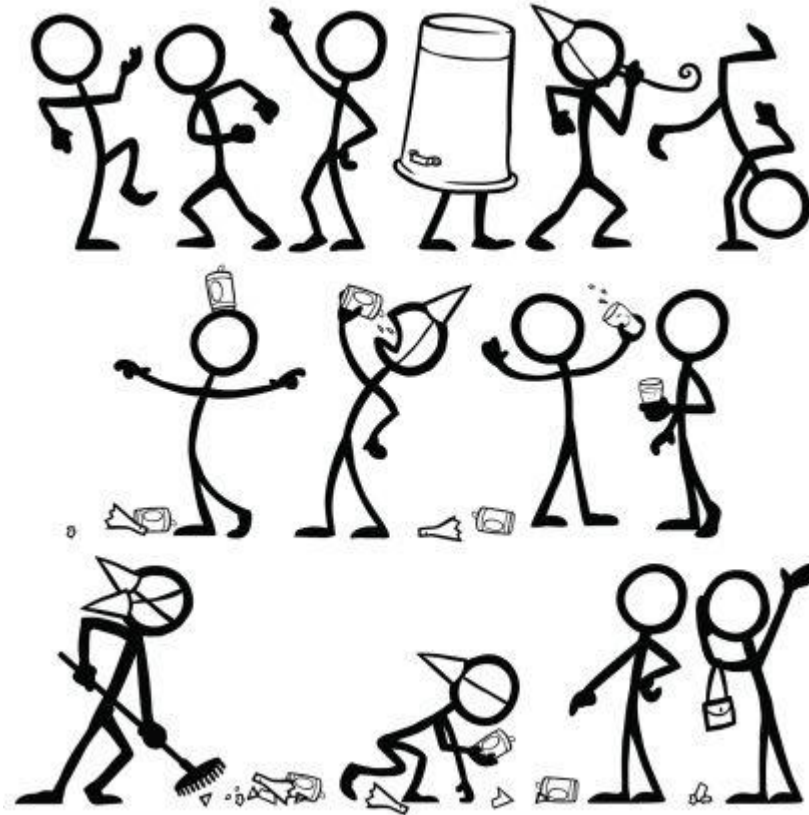




Going to a party after lockdown ??



Let's talk about tolerance

1. You may have experimented with substances on a regular/daily basis



2. This could have been legal or illegal substances



3. During the lockdown period your substance use may have decreased due to supply

"Where's my dealer?"



4. This would result in your tolerance changing



5. And possibly suffering with withdrawal such as anxiety, sickness and nausea.



6. And now your tolerance is non-existent?!?!?



7. So thinking ahead of the after lockdown parties, you might not be able to use as much. And could end up like this



8. Or even worse this.....



9. So during your next party remember your tolerance is now different.



#go low and slow
#never use alone
#don't mix your drugs



Just remember.....

#Set limits in advance

#Keep cool if sweating or warm if cold shivers

Keep hydrated

#Know & say how you will cope with panic

#Avoid if you have mental health needs

#Don't mix with other substances

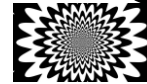
#Check your mood beforehand

#Safe Space:
Supportive people
(trip sitter)

#Know Overdose Signs

#Don't drive/ride/smoke/bathe

Hallucinogens



Ketamine



Acid



Mushrooms



LSD

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



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 if cold shivers or COOL if hot sweats. Keep awake & sitting up – DO NOT move them around



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



MDMA

ECSTASY



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 warm & hydrated

#Know & say how you will cope

With panic

#Avoid if you have mental health needs

#Don't mix your substances

#Check your mood beforehand

#Safe Space:

#supportive people (trip sitter)

#Know Overdose Signs

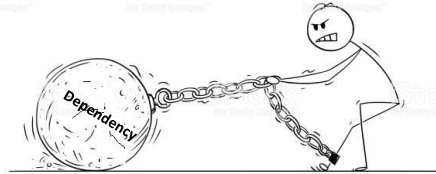
#Don't use machinery or drive/ ride/

smoke/bath

Alcohol



Cocaine



VALS

XANAX

Go low and go slow

When it's 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

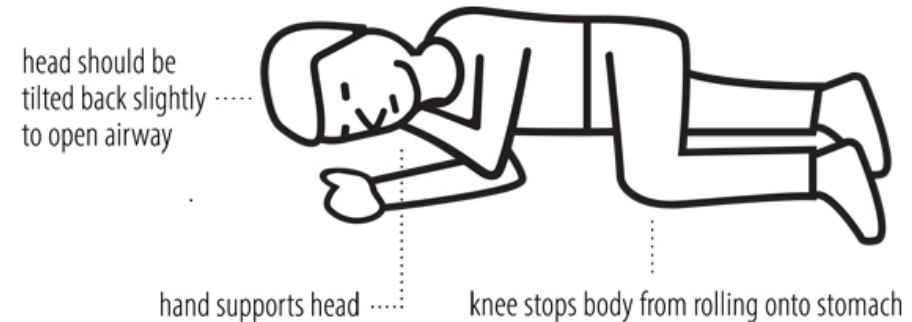
First Aid

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...?)

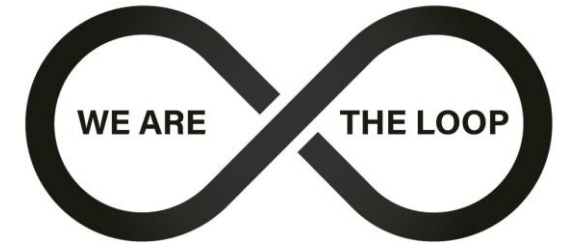
C: *HEST COMPRESSIONS* (Due to the current Coronavirus and social distancing measures, Public Health Wales advise to avoid mouth-to-mouth resuscitation at present)

barod



Useful Links

Click on the links to visit the websites



barod

