

Substance Misuse Services harm reduction advice

Although we would always recommend that you do not use drugs or drink, if you feel compelled to do so, here are some key points to reduce harm.

Ask yourself whether you are confident in who you are buying from and what you are buying

Try and use your regular dealer.

Be mindful that if you are buying from someone you don't know, this could be more dangerous.

Don't mix your drugs and don't mix drugs and alcohol.

Take your time

Wash your hand and clean surfaces before you prepare or use your drugs.

If you can, avoid injecting your drugs.

If you can't, never share or reuse works; use needle exchanges.

Use smaller amounts if you can

If you regularly use substances like alcohol, benzos or GHB/GBL, it is essential that you do not stop suddenly.

Plan your detox with a health professional and ease off gradually.

Be sure you have enough to prevent withdrawal.

Overall, look after yourself and the people you use or drink with

We strongly recommend social distancing – keeping away from other people. But we also know that using alone increases risk. So try to use with people you know, who don't show symptoms and in a space where you can sit apart.

Be sure to let someone know if you are self-isolating.

Keep in touch with people to let them know how you are and to ask them how they are.

Remember your first-aid - practice the recovery position and always carry your Naloxone.

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