

SAFER

SOLO

SESHING

Do your research

Spend time researching the drug you plan to take and, if you can, get it tested. Taking drugs when you are by yourself might give you a different experience than you are used to.

Now maybe isn't the best time to try a new drug or to experiment with higher doses. Make sure you know the drug, know the dose and know yourself.



Take time to research your medication or health condition.

Best to test

The product you buy might not always be the drug that you expect.

Drugs in circulation may be more potent than expected meaning you need less of them to feel the effects.

What you bought may also be different from what you expected, or contain other unexpected adulterants, and be more risky.

Want to know more?



Set and setting

Think about how you are feeling, why you are taking the drug and your environment.

Make sure your surroundings are safe and comfy. It might be an idea to take time away from screens and turn off the news.

Take time to check in with how you are feeling. Decide who you can contact and what you will do if you start to feel anxious, low or unwell.

By yourself, but not alone

**Tell someone what you are
planning to take, how much and
when.**

**Avoid taking drugs alone but if
you are by yourself it is a good
idea to arrange someone to
check in with you by text, phone
or online.**

Taking Drugs?

- Wash your hands with soap and water often – washing them for at least 20 seconds. When soap and water are not available – use alcohol-based hand sanitiser.
- Clean and disinfect any frequently touched objects and surfaces – including your phone!
- Crush drugs down as fine as possible before taking them to reduce soft tissue abrasions (cuts can increase the likelihood of blood borne virus transmission)
- Avoid sharing pipes, joints, cigarettes, vapes and snorting tools – use colour coded straws so you don't get mixed up.
- Avoid 'dabbing' from shared bags of drugs.
- Avoid using notes or keys, which can harbour viruses and bacteria – use a clean straw, post-it or piece of paper and bin it after.
- Thinking about sex? Grab condoms, lube and use them if needed!

Start low, go slow!

Start with a test dose and wait at least two hours to feel the effects before taking any more. Remember, you can always take more but you can't take less.

Plan your doses in advance - use scales to measure your dose and take a note of the time between doses.

Drugs can affect your perception of time and how intoxicated you think you are!

Even if you aren't sharing with others, always practice good hygiene by washing your hands and cleaning all surfaces and equipment prior to use.



Let the DJ mix for you

Avoid mixing different drugs, including alcohol and medicines, as this can cause dangerous, unintended or unpredictable effects.

Check out Drugs and me for a quick guide on interactions.



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What goes up...

must come down



Come downs and hangovers alone can be tough. Try to get a good sleep - avoid taking stimulants and sugar close to bedtime.

Avoid taking other drugs to come down.

Eat healthily if you can and drink a herbal or isotonic tea. Multi-vits might help recovery.

Take a rest day

Leave yourself time to re-adjust and try to keep the next day free to recover.

The next day – look after yourself, relax, listen to some good tunes or watch films.

Respect your body and your brain: you need them for having fun.

**Always call 999
in an emergency**



If you are in Edinburgh and the Lothians and are concerned about your own, or a loved one's drug use, Crew is here for you! We provide free, inclusive, non-judgemental counselling for those experiencing problems related to psychostimulant drugs.

**To find out more, call 0131 220 3404
or visit: www.crew.scot**

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