



**Got plans for the bank
holiday weekend?**



Taking pills?



Ecstasy pills may not contain only (or any) MDMA. If possible, get your drugs tested.

Dose low - start with a quarter of a pill. Some pills contain 300 milligrams of MDMA - that's too much in one go.

Wait 2 hours before taking more. It can take a while to feel the effects and some pills can take longer to kick in than others, even if they look the same or are from the same batch.

Avoid mixing with other drugs, including alcohol and medicines.

Keep hydrated - drink small sips of water or isotonic drink - about half a pint an hour.

Stay cool - take regular breaks to chill.

Look after your mates and get help in an emergency.

Signs of an MDMA overdose include - but are not limited to - agitation, confusion, uncontrolled body movements or tremors and overheating (high body temperature).

Taking nitrous oxide?

Nitrous oxide is a quick acting and short lasting dissociative drug with anaesthetic and psychedelic properties.

- Ensure that the cartridges contain nitrous oxide gas. Cartridges of other gases, such as CO2 used for inflating bike tyres, can look similar.
- Plan your doses and use a watch or timer to keep track of how frequently you are dosing. Nitrous oxide can cause time distortion - time may feel like it has sped up or slowed down.
- Avoid mixing different drugs (inc. alcohol and medicines) as this can cause dangerous or unintended effects. Nitrous oxide may make the experience of any other drugs you have taken more intense and difficult to control.
- Inhaling directly from the cartridge/canister/cracker is dangerous. To release the gas from the cartridge, use a cracker or cream charger and fill a strong balloon.
- Sharing balloons can spread infections - only use your own balloon and charger. If you are sharing chargers, clean the dispenser with alcohol wipes between each use.
- Make sure your environment is safe. Ensure you are in a well-ventilated area - avoid doing balloons in confined spaces such as cars and tents. Take a breath of air in between each inhale of the balloon. Sit down when inhaling the balloon - you could collapse if taking the balloon quickly while standing.

PICK UP ANY LITTER BEFORE YOU LEAVE A PUBLIC SPACE

SNORTING?

**Avoid using notes or plastic straws
which can cut the inside of your nose**



Grind into as fine a powder as possible to reduce damage to your nose

Post-its or paper straws are a good alternative to notes - place as high up your nose as possible to reduce damage to soft tissue

Avoid sharing the tool you use - small particles of blood can stick on the end and be passed to the next person

Hepatitis C can live outside of the body for days and even weeks - get tested if you think you are at risk

Alternate nostrils between lines

Clean your nose out at the end of the night with clean water to prevent the powder causing further damage to the inside of your nose

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Taking benzos?

STRONG DRUGS ARE IN CIRCULATION - BE CAREFUL

Pills sold as 'diazepam' or 'vallies' may not contain only (or any) diazepam. Test your drugs if you can.

Purity and strength can vary widely between pills from the same batch/packet, even if they look the same. Take a test dose, dose low and go slow.

Be aware that benzos stay in your body for a few days, sometimes weeks after use so the drug may be active long after the effects have worn off.

Avoid mixing with other drugs. Combining downers (e.g. alcohol, heroin, methadone, diazepam, etizolam, gabapentin) is **EXTREMELY RISKY**.

LOOK AFTER YOURSELF AND YOUR MATES

Signs of a downer overdose:

- Unconsciousness
- Severe nausea and vomiting
- Fitting
- Difficulty breathing
- Snoring
- Blue/pale tingeing of knees, hands and lips

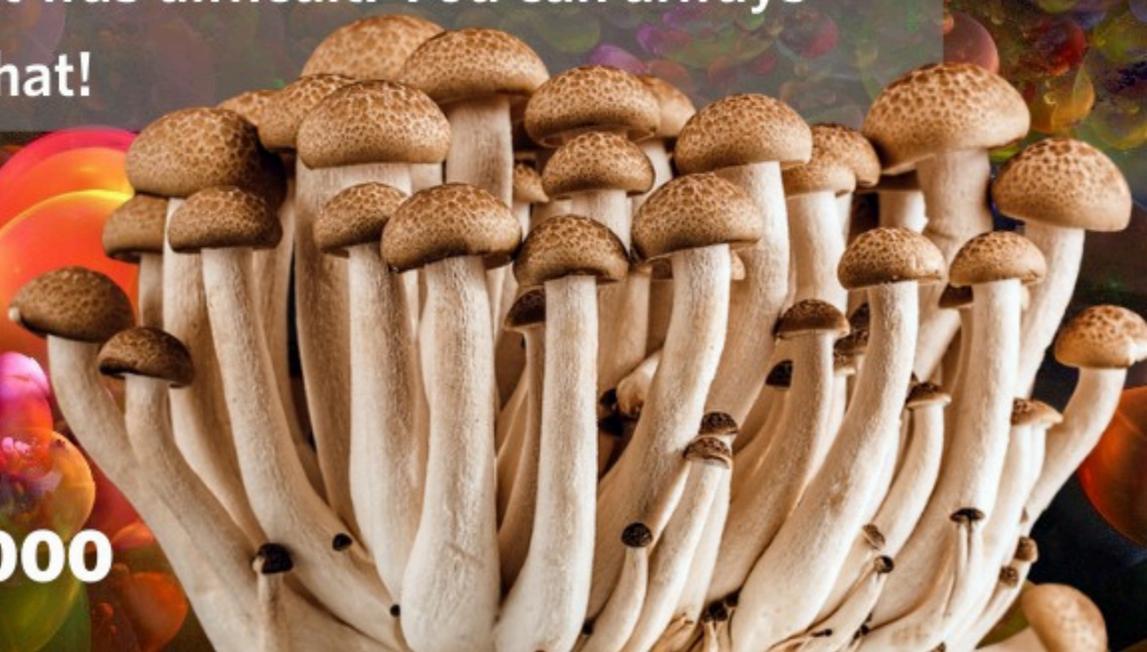
Get help in an emergency:

- Call **999**
- If unconscious, put the person in the recovery position, or onto their side
- If they stop breathing perform CPR (give chest compressions and rescue breaths)
- If they have taken opioids (e.g. heroin, methadone), or you are in doubt over what they have taken, give naloxone

Taking shrooms?



- Avoid taking magic mushrooms if you are experiencing anxiety or if you don't feel completely comfortable - these feelings could be heightened.
- Picking your own? It is essential to identify the correct mushrooms as many growing in the wild are not edible and can be harmful. **Do your research!**
- Plan and **weigh** your dose
- Plan your 'trip' in advance - think about **set and setting**
- Avoid mixing with other drugs, including alcohol/medicines
- Let someone know how much you've taken and how you feel
- Make sure you have time to rest afterwards and chill out
- Think of people you can chat to about your experience afterwards, particularly if it was difficult. You can always visit **Crew** or call us for a chat!



Think about safer sex

and consent



For more information, go to



Taken too much?

Drugs include: cocaine, MDMA, amphetamines (speed), caffeine.

Signs of stimulant overdose include:

- Seizures, fitting or rigid muscles
- Hyperthermia (red-hot skin, overheating)
- Severe nausea and vomiting
- Rapid heart rate or chest pains
- Difficulty breathing
- Hallucinations
- Anxiety or fear
- Panic attack

Signs of a Depressant overdose

Drugs include: alcohol, benzodiazepines (diazepam/alprazolam), GHB, heroin or codeine.

Signs of depressant overdose include:

- Unconsciousness
- Severe nausea and vomiting
- Seizures and fitting
- Difficulty breathing, snoring and raspy breathing
- Blue or pale tingeing of hands, fingers and lips
- Slow or erratic heart rate
- Pale, cold and clammy skin

In an emergency, get help and...

- Keep calm
- Call 999 (or 112)
- Give as much information as possible include location, age, who needs help and what happened. Be honest about what they have taken. Stay with the person (if you can).
- Distressed? Sit them somewhere calm and give reassurance.
- Fitting? Keep the area safe - move anything that could hurt them.
- Overheating? Take them somewhere cooler, loosen tight clothing, cool them using fans or wet towels and give them small sips of water.
- Unconscious? Put in the recovery position (or on their side) and monitor breathing.
- Stopped breathing? Perform CPR (chest compressions are really important).
- If opioids are involved, or if you are unsure if they are, always administer naloxone.



In an overdose, keep them safe but don't...

- Leave them alone
- Inflict excessive pain to wake them
- Give any other drug
- Encourage them to vomit
- Give them anything to eat or drink
(apart from small sips of water)
- Put them in a bath/shower
- Walk them about
- Attempt to restrain them

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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