

Problematic Substance Misuse- Drugs (including Abuse of Prescribed Medication)

Thank you for sharing / it has been reporting on several occasions (delete as required) (Insert summary of disclosure), you have a range of options and support services are available for you.

You may wish to look at coping with [substance misuse](#) harm reduction strategies such as;

- *If you are going to use drugs, do not use them alone and always tell someone else what it is you have taken.*
- *Always use clean needles and do not share injecting equipment.*
- *Begin by using a small amount e.g. a quarter of a pill and wait a couple of hours before taking more. Or Crush, Dab, Wait – i.e. crush up any pills, dab in a wet finger to taste and then wait an hour or two. This is important advice now that ecstasy tablets are being found that are much stronger than they used to be.*
- *Don't mix drugs with other drugs including alcohol or prescription medications.*
- *When dancing, be sure to take breaks to cool down and drink small sips of water – but don't drink more than a pint an hour.*
- *Think about your surroundings and do not use in an unsafe place.*
- *Never drive or use machinery after taking drugs.*
- *Always get help if you are worried about a friend and give the medical professionals as much information as possible about the drug or drugs that were taken.*
- *Place sleeping or unconscious friends in the recovery position*

*You may also wish to look at information from [Talk to Frank](#), or contact [Turning Point](#) on **01509 279390**.*

Further information is available on our [online reporting tool website](#).

Kind regards