



WHAT CAN YOU DO?



Discuss your drug and alcohol use with your worker honestly – they might be able to help a bit more if they know what's really going on.

Don't try and pick your script up when you've had a lot to drink – the pharmacy can refuse to give it to you because of your risk of overdose

Attend overdose training! The Health Shop provides paid sessions.

If you find someone that has fallen asleep and vomited then it's important you put them in the recovery position – ask at The Health Shop to show you!



Try and stay safe – make sure someone knows where you are, have clean injecting equipment and keep a condom with you!

Speak to your worker about getting fire alarms fitted

USEFUL CONTACTS...

THE HEALTH SHOP

Overdose response training
12 Broad St, Hockley,
Nottingham, NG1 3AL.
0115 947 5414

SUBSTANCE MISUSE TEAM

John Storer Clinic,
115 The Ropewalk,
Nottingham, NG1 5DU.
0115 941 8964
or Freephone
0300 300 2200

OXFORD CORNER

NHS Alcohol Service
3 Oxford Street,
Nottingham, NG1 5BH.
0115 948 5505

ALCOHOLICS ANONYMOUS (AA)
0115 941 7100

NARCOTICS ANONYMOUS (NA)
0300 999 12 12



USING & BOOZING

WHAT'S THE WORRY?



Mixing things like alcohol, heroin, methadone and benzos are more likely to cause an overdose as they all work the same way on the body.

In Nottinghamshire 60% of drug related deaths involve alcohol

The way alcohol works on the body and brain means it can make you feel like it's worn off when it hasn't...This can cause overdose and result in death.

Some people find that when they try and come off the gear or meth, they start drinking more booze – but booze is addictive too...and you can end up with 2 habits instead of none!



THE DANGER BITS...



Alcohol can make you forget how much you've had to drink and can make you do things you wouldn't normally do, like using heroin or letting someone else inject you.

Drink can lead to situations that can be potentially dangerous;

- ➔ **Sharing injecting equipment**
- ➔ **Relapsing or using other drugs on top**
- ➔ **Having sex without a condom**
- ➔ **Falling asleep outside**
- ➔ **Falling asleep smoking**
- ➔ **Getting into a fight**
- ➔ **Being sick and then choking on your vomit**
- ➔ **Committing crime**

Alcohol can damage your liver and if you have Hep B or C, this damage can be made much worse



MORE DANGER BITS...



Tolerance to alcohol can decrease just like tolerance to heroin/methadone - so if you have a break from drugs or alcohol (even for a couple of days) then you are at risk of overdose.

If you drink heavily and have a bit of a dabble with things like heroin, methadone or benzos then you are at a massive risk of overdose as you have no tolerance (even if you used to use heroin many years ago!)

Although its less risky than injecting, you can overdose from smoking heroin – don't believe anyone who tells you that you can't!

There is a common myth that if you snowball, the crack stops you from OD'ing...This isn't true! In fact when crack and alcohol are mixed a chemical is produced (Cocaethylene) which makes you feel less drunk than you are and puts more strain on your heart...increasing your risk of overdosing.

