



For fun, strength
and wellbeing

9 Tips...

FEELING CRAP?

Instead of drinking or doing drugs to manage your mood temporarily, try exercise or meditation to tackle stress and anxiety.

BE A GOOD FRIEND

Just listening can be awesome support. Let your friends know you're always there. You can make a difference.

HAVE A PLAN

Drugs can be risky, always plan what and how much you are taking. Let someone know what your plan is.

BE IN CONTROL

A fraction too much can make for a scary experience. Avoid overdose or dangerous situations by understanding safe levels of use.

STAY CONNECTED

Never use drugs alone. And if using drugs while out or partying stay close to your friends and don't be afraid to ask for help.

DONT RISK THE MIX

You never quite know how drugs will react with each other. Mixing drugs can hugely increase the risk you're taking.

DRINK WATER

Dehydration and overheating are BIG dangers with substance use. Also avoid drinking too much by sipping and not sculling.

SMART & CLEAN

Whatever you do, always make sure all the tools you use are hygienic to minimise the high risk of infections and disease.

DO STUFF!

Dance, music, games, art; do things that take the focus away from drugs and drinking.

AOD Helpline:
0800 787 797

