



Alcohol and Drug Foundation



HELP & SUPPORT



DRUG FACTS



YOUTH DRUG AND ALCOHOL ADVICE



PILL REPORT

IN AN EMERGENCY, CALL TRIPLE ZERO (000)

Phone support:
LIFELINE - 131 114
13YARN - 13 92 76
SUICIDELINE - 1300 651 251 (VICTORIA ONLY)
KIDS HELPLINE - 1800 55 1800
NURSE-ON-CALL - 1300 60 60 24 (VICTORIA ONLY)

Counselling and referral services:
DIRECTLINE - 1800 888 236
HEADSPACE BENDIGO - 5406 1400
YSAS BENDIGO - 5444 2969
THORNE HARBOUR COUNTRY - 4400 9000
THE SALVATION ARMY BENDIGO - 5440 8411

STAY SAFE



Look after your mates who have taken substances

Don't be convinced to do anything unsafe in a trip

Ignoring the risks doesn't make them disappear

Stay in your comfort place during your trip - don't go wandering while high!



SAFE locations shouldn't be made unsafe by others - only invite those you trust

MINIMISE RISK

Know all the side effects

Everyones reaction is different

If possible reduce the intake you plan on taking



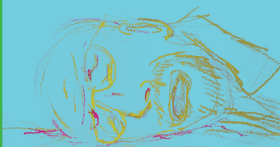
Don't go from 0

100!

CARRY NALOXONE



Call 000 if needed



The ambulance only cares that you live

AVOID THE UNKNOWN

If you don't KNOW, say NO!

Only settle for being 100% sure of what you're taking



Know the drugs you plan on taking

Buy testing kits or get your drugs tested

Poison control is here to help



RESEARCH



Know the medication you are ALREADY on before taking anything else

Research interactions and avoid mixing



No thanks, I'm sticking to what I know

Only obtain substances from a trustworthy source

TALK

Don't be afraid to ask for help



Being open about your experiences could help someone else avoid harm

Be open with people around you



If you feel pressured, it's best to ask another for help

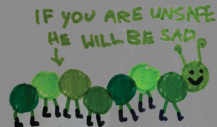


Tell someone if you feel pain

Thinking of using?
Be SMART



- S** use in a **Safe** location, with **safe** people
- M** use in **moderation**
- A** **Avoid** using something you're unfamiliar with
- R** **Research** how to use without harm
- T** **Tell** some one if some thing goes wrong



IF YOU ARE UNSAFE
HE WILL BE SAD

thorne
harbour
country*



use in a **Safe** location,
with **safe** people



M
MINIMISE RISK.



A
Avoid
using something
you're unfamiliar with



R
Research
how to use
without
harm



T
Tell
some one if some thing
goes wrong



- Talk about
safe usage
with your peers

- If you feel unwell,
call for help.

