



There have been a number of deaths in recent weeks where we think heroin was involved.

Staying safe doesn't mean you need to stop using altogether.

- Call us on our mobile number or drop into The Recovery Hub to get Naloxone. Its free to every one and takes 10 minutes! This could save a life.
- Reduce the amount you use
- Be extra careful of using multiple drugs and/or alcohol at once
- Use with others who can look out for you
- Know the signs of overdose and be prepared to call999 immediately

07590 865092 or 023 92294573







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