Depressants (heroin, methadone, benzos):
- Taking so much of any drug that your body cannot handle it
- May cause death by heart, liver or respiratory failure
- Unable to talk
- Body limp
- Face pale
- Slow heartbeat
- Slow and shallow breathing
- Choking or gurgling sounds
- Unconsciousness / coma

Stimulants (crack, cocaine, speed):
- Pressure, tightness or pain in the chest
- Shaking or fits
- Choking sounds
- Foaming at the mouth
- Unconsciousness / coma

What is it?
- Injecting heroin
- Combining drugs
- High alcohol consumption
- High levels of use
- Low tolerance – following detox or prison

How do you avoid it?
- Go easy after a break
- Don’t mix your drugs
- Taste the hit
- Make a pact

How can you tell if someone has overdosed?
- Call an ambulance (dial 999)
- Check if they are breathing
- Put them in the recovery position
- Tell the ambulance staff what they have taken

What to do
- Go easy after a break
- Don’t mix your drugs
- Taste the hit
- Make a pact

Risks
- Injecting heroin
- Combining drugs
- High alcohol consumption
- High levels of use
- Low tolerance – following detox or prison

Overdose

If you see someone overdose:
- Call an ambulance (dial 999)
- Check if they are breathing
- Put them in the recovery position
- Tell the ambulance staff what they have taken

Client name: __________________________  Keyworker: __________________________  Date: __ / __ / ___

How useful was this map and discussion?  1  2  3  4  5  6  7  8  9  10  Comments: __________________________