



**RISK AND RESILIENCE**  
Training | Consultancy | TILT | Frontline Podcast

# KETAMINE: ■ ■

**Online/Digital Toolkit**

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## KETAMINE AND THE ONLINE WORLD

Many people now use encrypted apps, social media and online communities to find information, connect with others and make choices about drugs. For a lot of young people, this world feels normal, familiar and safer than traditional street-based drug markets.

We also recognise that people don't just use substances offline anymore. Use can happen while gaming, on voice calls, in group chats or while spending long periods online. This creates different risks, different pressures and different safety needs that aren't always covered by traditional drug education.

This toolkit is designed to help you understand online risks, build digital safety skills and create personalised plans that work for your world, not someone else's.

## KETAMINE AND DIGITAL HARM REDUCTION

This isn't about judging, lecturing, or telling you what to do. It's about keeping you safer in the online world you already live in. You deserve real information – not scare stories and not fake "TikTok science". Consider the following if you buy online:

<b>NO QUALITY CONTROL</b>	<b>NO GUARANTEE IT IS WHAT YOU THINK</b>	<b>STRENGTH CAN VARY</b>	<b>IT CAN BE MIXED WITH OTHER THINGS</b>	<b>SELLERS CAN SCAM OR PRESSURE YOU</b>	<b>SCREENSHOTS AND MESSAGES AREN'T WITHOUT RISK</b>
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A good question to ask yourself: ***"What would I need to really trust this if it was anything else I was buying?"***

## Using When You're Alone or Online

A lot of people think they're "not alone" if they are using online with friends or gaming.

**But digital company isn't the same as physical safety. Ketamine can:**

<b>MAKE YOU FEEL NUMB</b>	<b>SLOW YOUR BREATHING</b>	<b>MAKE YOU CONFUSED</b>	<b>MESS WITH BALANCE AND COORDINATION</b>	<b>STOP YOU NOTICING PAIN OR DANGER</b>	<b>LEAD TO BAD HALLUCINATIONS/ K-HOLES</b>
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**Risks go up when:**

<b>YOU'RE PHYSICALLY ALONE</b>	<b>YOU'RE NEAR WATER/ IN A BATH</b>	<b>YOU'RE COOKING OR NEAR FIRE/HEAT</b>	<b>YOU'RE NEAR HAZARDS, LIKE STAIRS</b>	<b>YOU'RE OUTSIDE</b>	<b>YOU'VE MIXED WITH OTHER DRUGS, ALCOHOL OR MEDS*</b>
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*\*These include vaping substances like THC, medications you have not been prescribed and any other drug (cocaine, MDMA, benzos, mephedrone, cannabis and more).*

**Ketamine when used regularly can start to cause harms on your brain and body. Consider reaching out for help if you notice any of the following:**

<b>BRAIN FOG OR THINKING ISSUES</b>	<b>DAMAGE TO YOUR NOSE</b>	<b>K-CRAMPS/ ABDOMINAL PAIN</b>	<b>SLEEP ISSUES</b>	<b>BLADDER ISSUES: NOT BEING ABLE TO GO OR PAIN WHEN YOU DO</b>	<b>NEEDING TO USE MORE TO GET THE EFFECT YOU WANT</b>
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**Your Phone is not neutral – what we do shapes what it shows us in the future:**

<b>IF YOU WATCH DRUG CONTENT, THEN YOU’LL SEE MORE</b>	<b>IF YOU SAVE IT, THEN YOU’LL SEE A LOT MORE</b>
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**Make your phone safer for you. You can:**

<b>MUTE OR BLOCK CERTAIN CONTENT</b>	<b>TELL APPS “NOT INTERESTED”</b>	<b>LEAVE OR MUTE GROUP CHATS THAT TRIGGER YOU</b>	<b>TURN OFF NOTIFICATIONS AT NIGHT</b>	<b>RENAME OR ARCHIVE RISKY CONTACTS (INSTEAD OF PANIC DELETING)</b>
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# KETAMINE AND ME

## Where I buy from online:

(e.g. Telegram groups, encrypted marketplaces, WhatsApp contacts, QR codes in the community, etc.)

## Where I got my information:

(e.g. TikTok harm reduction pages, Reddit threads, Telegram channels)

Do you use on your own/with friends or in the digital world?

Mainly use in the non-digital world

Mainly use online

**If I use online, I use it in the following places:**

*(e.g. Discord calls, while gaming, late at night on PlayStation/Xbox, livestreams)*

**When online feels most risky:**

*(e.g. 1-4am, after arguments, boredom, loneliness, after gaming wins/losses)*

**What's good and bad about my Ketamine use?**

**Good?**

**Bad?**

## ONLINE TRIGGERS

SCROLLING	SEE CONTENT	FEELINGS	CRAVINGS	SOURCE KET	USE
<p>What places would be risky for me to be scrolling on if I wanted to reduce or stop using?</p>	<p>What content can trigger your want of Ketamine?</p>	<p>What feelings does this then give you?</p>	<p>Feelings can turn into cravings – what does this look like in you?</p>	<p>Where do you then go and get it from? How do you pay for it?</p>	<p>How soon does it arrive/you get it? How do you feel after you have used?</p>

# TRIGGERS IN DEPTH

DEALERS	HISTORIES	ALGORITHMS	GAMES/CHANNELS	BORED SCROLLING	EMOJIS/HUMOUR
<p>Many people keep old dealer or peer contacts saved without realising how powerful the trigger can be.</p>	<p>Long chat threads can act like memory storage of drug use.</p>	<p>Social platforms learn what someone watches and actively serve more of it.</p>	<p>Specific digital spaces become behaviourally associated with substance use.</p>	<p>Late-night use of phones strongly links to isolation, impulsivity, and relapse if stopped.</p>	<p>Humour pages and visual shorthand can act as subtle relapse triggers.</p>
<p><i>How can I limit this impact?</i></p>	<p><i>How can I limit this impact?</i></p>	<p><i>How can I limit this impact?</i></p>	<p><i>How can I limit this impact?</i></p>	<p><i>How can I limit this impact?</i></p>	<p><i>How can I limit this impact?</i></p>

## MY DIGITAL SAFETY PLAN – MAKE YOUR OWN PLAN USING THE PREVIOUS ADVICE AND ANY OTHER THOUGHTS YOU HAVE

### Apps/Sites I need to be careful with:

*(Telegram, Discord, TikTok, Reddit, etc.)*

### People I can mute/block:

*(WhatsApp, etc.)*

### Times of the day/days of the week that are most risky for me:

*(Consider evenings, weekends, holidays, etc.)*

**If a craving hits, how could I do the following in the digital world:**

<i>Chats/Channels I can mute:</i>	<i>Log out of the following apps:</i>	<i>Switch platforms:</i>
<i>Message a friend or family member:</i>	<i>Play a non-triggering game/app:</i>	<i>Any other thoughts?</i>

**If a craving hits, how could I do the following in the real world:**

<i>Grounding/distraction tools:</i>	<i>People I can speak to:</i>	<i>Any other thoughts?</i>
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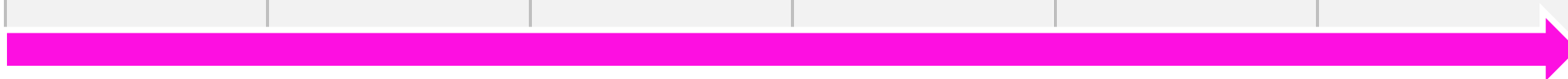
**My exit plan for when I feel at risk:**

An example:

<b>CLOSE APP IMMEDIATELY</b>	<b>STAND UP AND WALK AROUND</b>	<b>DRINK WATER</b>	<b>BREATHING EXERCISE</b>	<b>MESSAGE FRIEND</b>	<b>LISTEN TO PLAYLIST</b>
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**What could be my immediate exit plan? *Try and make 6 steps...***

<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>	<b>5.</b>	<b>6.</b>



**Online gaming and use:** Gaming doesn't have to be the trigger – it can become part of change. If your use is linked to gaming, consider the following:

**The games I play when on Ketamine:**

**The games I play when I don't use Ketamine:**

**For the games you play when using, what feelings do you notice?**

*e.g., adrenaline, stress, dopamine crashes, disconnection after coming off*

**Harm Reduction for Gaming Spaces:** This is not about stopping gaming but finding alternative approaches. Consider: switching to different types/intensity games, playing with different groups, playing offline games- i.e. adventure games/narrative games, shorter sessions, and avoiding solo late-night sessions. What can you do?

**Social Media Algorithm Protection: Train Your Algorithm**

<p><b>Search support content and follow (local drug services, national organisations, etc).</b> My examples are:</p>	<p><b>Block and mute triggering content/dealers.</b> My examples are:</p>	<p><b>Report misleading harm reduction or advice content.</b> My examples are:</p>
<p><b>Like/save positive or healthier routines.</b> My examples are:</p>	<p><b>Play a non-triggering game/app.</b> My examples are:</p>	<p>Any other examples?</p>

**Slip ups: A “slip” is not a full relapse. Some examples include:**

<p><b>Messaging a dealer</b></p>	<p><b>Joining an old group/channel</b></p>	<p><b>Watching triggering content</b></p>	<p>What could cause a slip up for you?</p>
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**Top tips if you feel a slip up has happened:** Revisit your safety plan, follow it and make any changes if you feel it is not working.

**Crisis! If you feel you are really struggling:**

LOG OUT OF APPS	DELETE SAVED LINKS	BLOCK ALL CONTACTS	SWITCH OFF WI-FI FOR 30 MINUTES	CONTACT FRIEND/FAMILY AND TALK	LEAVE DEVICES IN ANOTHER ROOM
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**My goal: what changes do I want to make?**

*e.g., reduce use, stop use, not using when online, only use on a weekend, etc.*

**How will you make it SMART?**

SPECIFIC	MEASURED	ACHIEVABLE	REALISTIC	MEASURABLE

## DIGITAL TOOLS TO CONSIDER

### Built-In Phone Tools (No Extra Apps Needed)

#### For iPhone (Screen Time)

Built into iOS under:

#### Settings → Screen Time

What it can do:

- ❑ Set time limits for apps (e.g., TikTok, Telegram, Instagram)
- ❑ Block apps during certain hours (like overnight)
- ❑ Set "Downtime" so only safe apps work
- ❑ Restrict adult/explicit content

#### For Android (Digital Wellbeing & Focus Mode)

Built into most Android phones under:

#### Settings → Digital Wellbeing

What it can do:

- ❑ App timers
- ❑ Focus Mode (pause selected apps)
- ❑ Bedtime Mode (reduces stimulation at night)

## Apps That Help With Blocking & Focus

**One Sec:** <https://one-sec.app/>

iOS & Android

### What it does:

- Delays opening “trigger” apps
- Makes you pause and breathe before using them

### Useful for:

- Impulse control
- Cravings
- “Autopilot scrolling”

**Freedom:** <https://freedom.to>

iOS, Android, Windows, Mac

### What it does:

- Blocks websites and apps for set times
- Can't be easily bypassed in the moment

### Useful for:

- Telegram
- Reddit
- Late-night browser access

**Forest:** <https://www.forestapp.cc/>

iOS & Android

**What it does:**

- Grows a virtual tree while you stay off your phone
- Leaving apps “kills” the tree

**Good for:**

- Gamified motivation
- Young people who respond well to visual rewards

**General Tools for Safer Social Media.** *Your feed learns from what they interact with. Consider using:*

**“NOT INTERESTED” ON  
HARMFUL CONTENT**

**“MUTE WORDS” AND  
HASHTAGS**

**UNFOLLOW ACCOUNTS THAT  
NORMALISE DRUG USE**

**FOLLOW RECOVERY OR  
WELLBEING PAGES TO  
RETRAIN ALGORITHM**

**Messaging & Encrypted App Safety Features: Telegram / WhatsApp Helpful Settings**

**ARCHIVE OR HIDE CHATS**

**MUTE GROUP  
NOTIFICATIONS**

**TURN OFF MESSAGE  
PREVIEWS**

**ENABLE DISAPPEARING  
MESSAGES (FOR PRIVACY  
AND EMOTIONAL SAFETY)**

**BLOCK AND REPORT  
HARMFUL USERS**

## Online Safety & Support Websites

- ❑ **Young Minds** – Mental health support for young people: <https://www.youngminds.org.uk/>
- ❑ **The Mix** – Confidential advice and crisis support: <https://www.themix.org.uk/>
- ❑ **NHS 111 online** – Health guidance if you feel some of the effects from Ketamine is impacting your body or brain: <https://111.nhs.uk/>

## Digital Wellbeing Tools

- ❑ **Internet Matters** – Online safety guidance: <https://www.internetmatters.org/>
- ❑ **ThinkUKnow (CEOP)** – Online safety and exploitation education: <https://www.ceopeducation.co.uk/>

**Disclaimer.** This toolkit has been developed using the best available information and practice guidance at the time it was created. We have made every effort to ensure that the content is accurate, relevant and safe. Digital platforms, apps and online environments change quickly. New features, privacy settings and risks can emerge without notice. Because of this, some tools, platform functions or guidance in this resource may evolve over time. This toolkit is intended to provide general safety guidance and harm reduction information. It does not replace professional medical advice, safeguarding responsibilities or local service policies. If you notice gaps or changes that affect the safety of this resource, we welcome feedback to help keep it current.

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