

SPICE how it affects me

Physical health effects

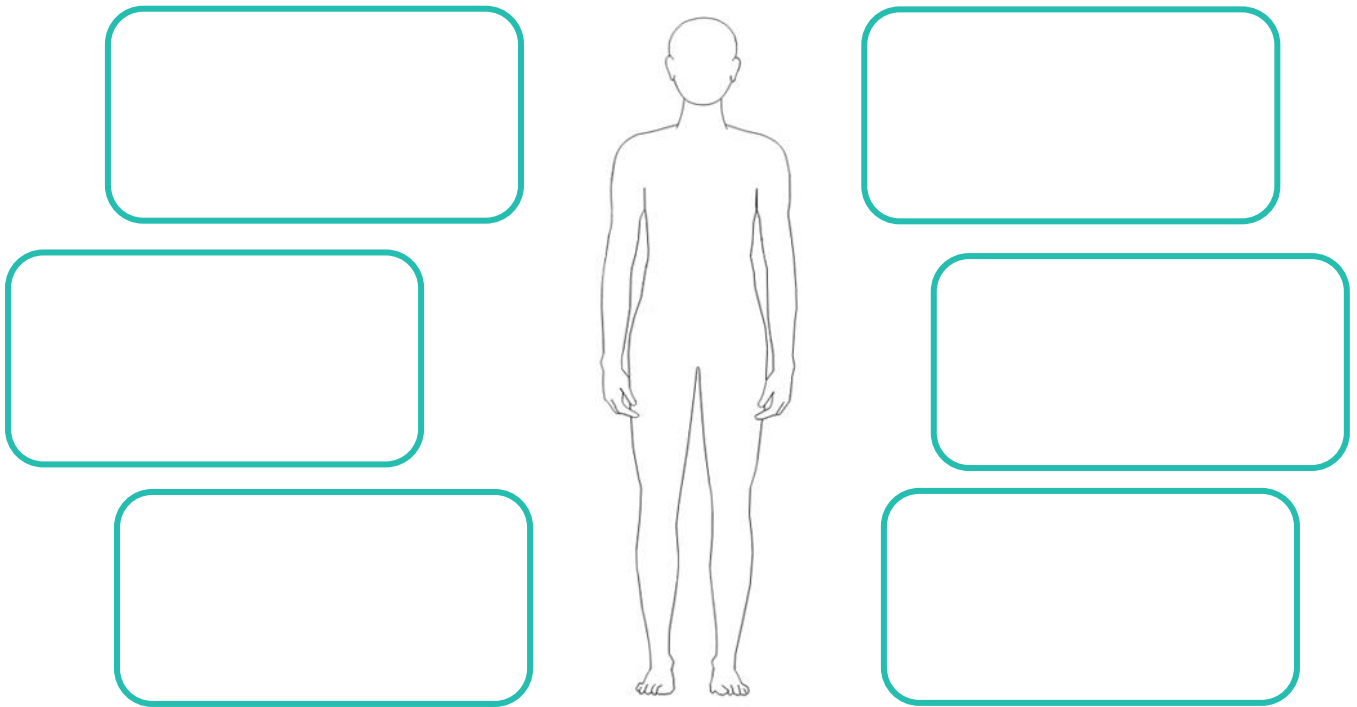


Diagram illustrating physical health effects. A central human figure is surrounded by six empty rounded rectangular boxes for notes: three on the left and three on the right.

Mental/emotional health effects

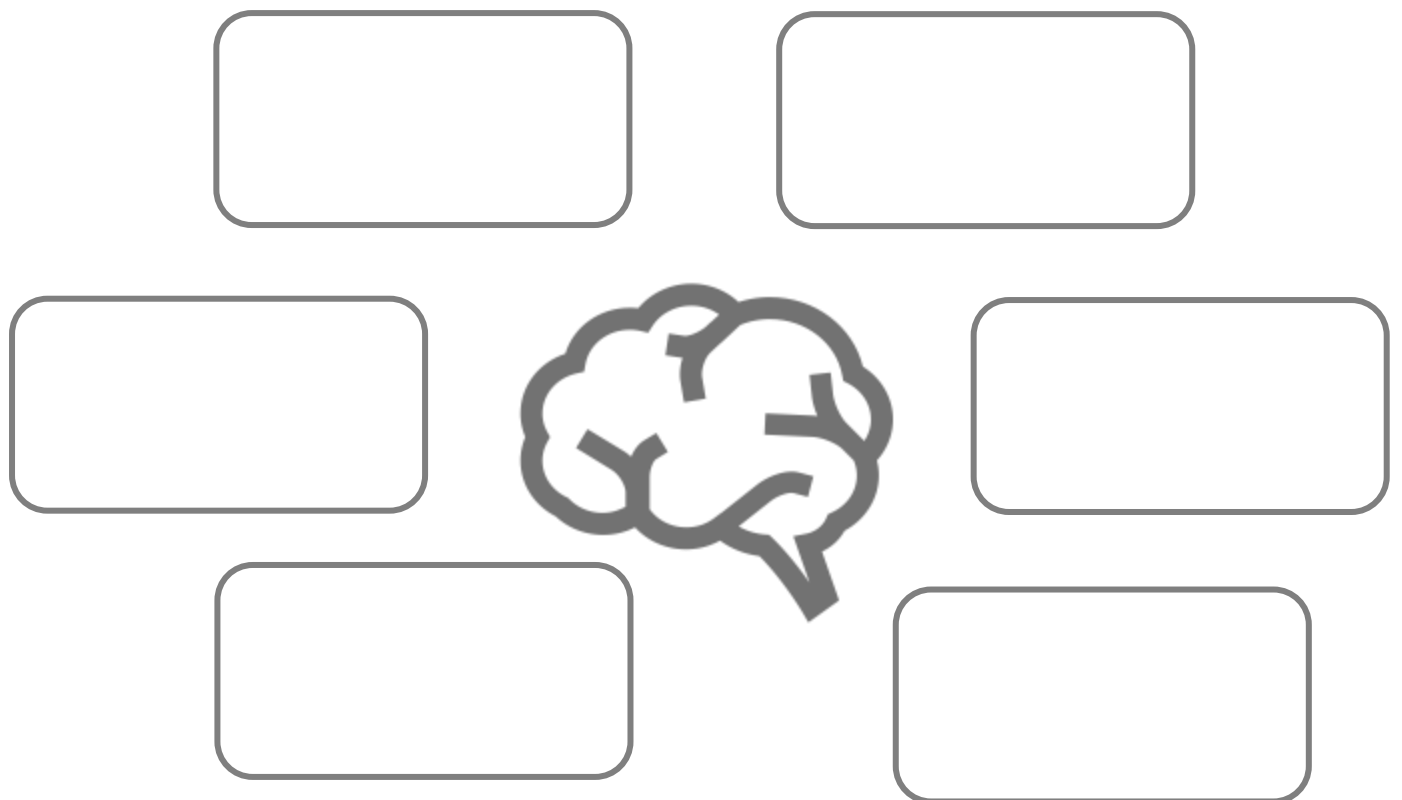


Diagram illustrating mental/emotional health effects. A central brain icon is surrounded by six empty rounded rectangular boxes for notes: two above, two to the left, and two to the right.

SPICE how it affects me

Social effects (including families, friends, partners, jobs, housing)



Any other negative effects from SPICE use?

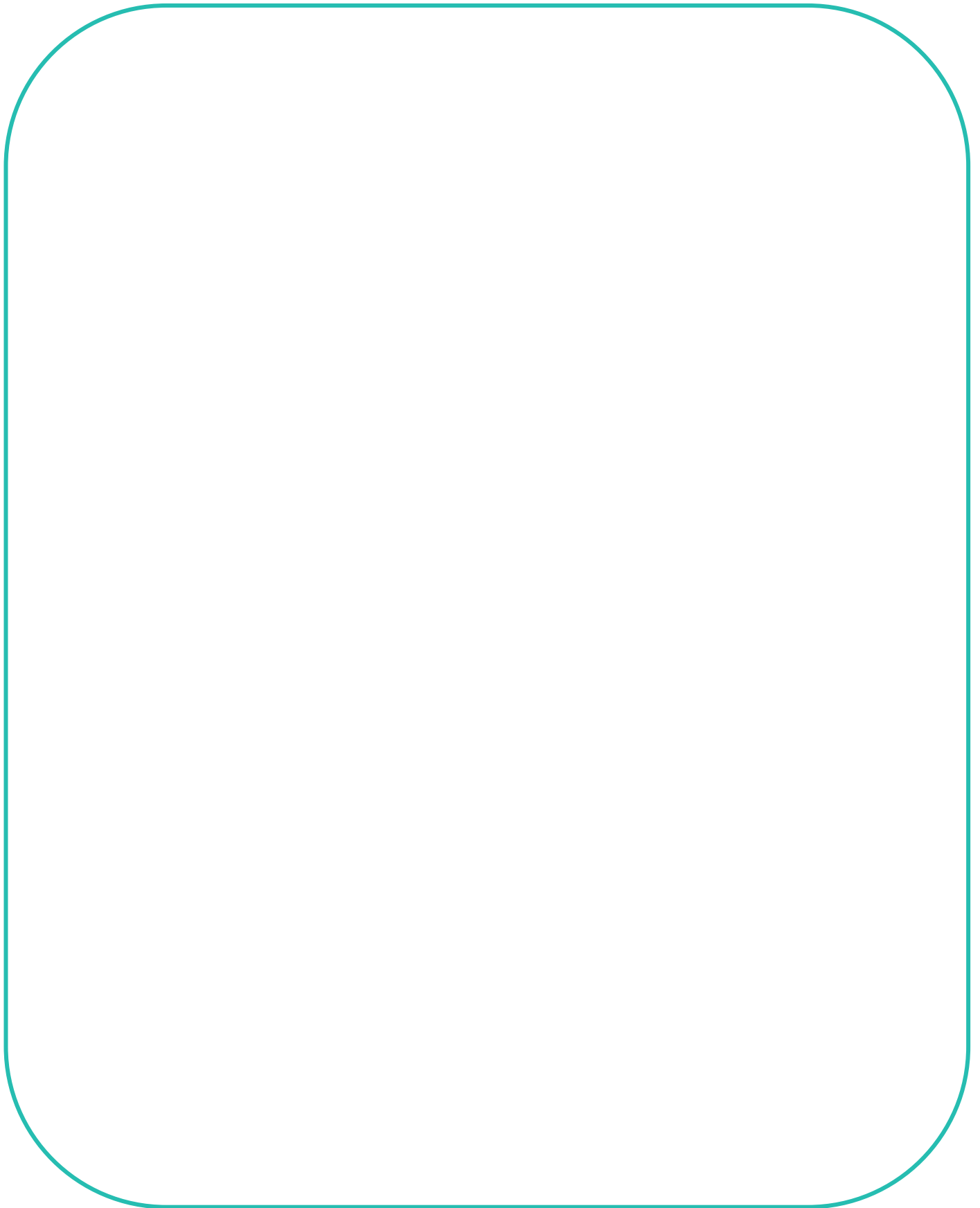
SPICE changes I want to make

In ___ months' time, I want my SPICE use to be:

What goals do I have to achieve this?

What do I want?	What do I need to do?	Who needs to help me?	When will I have completed this?

SPICE Free Map



S P I C E monitoring

	My use – amounts, times, places, people (include SPICE and other drug/ medication/ alcohol use)	What made me use?	How did it make me feel? (please circle)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

S P I C E safety plan

What are my ways of coping?

What makes me tempted to use SPICE?	My warning signs are	My safe places are...	I will do these activities...	Other people can do these to help me...	I can also do...	When shall we review this?