

TOXICITY OF SUPPLY: HOW DO YOU KNOW WHAT YOU ARE GETTING IS WHAT YOU WANTED?

How do you know you are getting what you want (i.e. feeling, strength, what dealer tells me)?

Did you know? There has been almost 900+ new drugs discovered since the late 1990s!

Did you know? Even drugs like cannabis can be laced with other drugs, such as synthetic cannabinoids (spice) to make them stronger.

Do you use the same dealer/source (i.e. online)?

How do you keep yourself safe when you buy a new batch?

Did you know? There are a range of new substances called Nitazenes that are hundreds of times more powerful than heroin and have been found in heroin, benzo pills and more.

Some of the things you can do:

- Test.
- Grain of rice technique.
- Use and pause.
- Space out re-dosing.
- Have non-using friend or relay race.
- Carry naloxone.
- Use BuddyUp app if on own.

What can I do differently next time?

BuddyUp app can be found here: <https://cranstoun.org/help-and-advice/harm-reduction/buddyup/>