



Detoxing or detoxed?

After a break in use your tolerance will be lower and your overdose risk higher

If you decide to use, there are things you can do to keep yourself safer and reduce your risk

- **Go slow** – start with a small amount first to test the effect
- **Smoke** – don't inject while your tolerance is low, try smoking
- **Try not to use alone** – use around other people or ask someone to check on you
- **Avoid mixing** – avoid mixing drugs, especially depressants like benzos, alcohol and pregabalin
- **Be overdose aware** – know the signs and carry naloxone

If you use without a tolerance, you are more likely to overdose

