

OFF YOUR FACE?

How much have YOU done?

Feeling Queasy ?

- **PACE YOURSELF** – next round try having a non-alcoholic drink
- **REMEMBER** – mixing drugs with alcohol can be dangerous

Loved Up ?

- **IF YOU HAVE TAKEN ANY DRUGS, REMEMBER** – tell your friends what you've taken, because you can never be sure what's in it!

Look after yourself ?

- **BE SURE TO SIP NON-ALCOHOLIC FLUIDS REGULARLY**
Many drugs can raise your body temperature and dehydrate you

Protect yourself ?

- **DRUGS AND ALCOHOL CAN INCREASE YOUR SEXUAL DESIRE**
keep a condom handy!
- **BEING 'OUT OF IT' CAN MAKE YOU VULNERABLE TO CRIME**
How are you getting home?

DO YOU NEED SUPPORT OR ADVICE ? - CONTACT:

FRANK: 0800 77 66 00

www.talktofrank.com

OFF THE RECORD DRUGS 'N' ALCOHOL AGENCY (DNA):
020 8296 9655 www.offtherecordcroydon.org

CROYDON COMMUNITY DRUG AGENCY:
020 8686 7500 www.cranstoun.org

CROYDON ALCOHOL COUNSELLING SERVICES: 020 8667 9500