

HAPPY MARDI GRAS STAY SAFE

GHB



How to stay safer on GHB

- Tell a friend you are planning to take GHB
- Write G on your wrist
- Use pre-measured doses
- If it is a new batch, test it
- Time your doses
- Set a limit on the amount you will use
- Avoid alcohol
- Avoid stimulants
- Use for less than 2 days in a row

Thinking about cutting down or getting help?

Other LGBTIQ focused/friendly alcohol & other drugs services:

- ACON
- Stimulant Treatment Program at St Vincent's Hospital
- Rainbow Recovery Club
- Kirkton Road Centre

For a complete list of **LGBTIQ-friendly** alcohol & other drugs services & educational sources go here <http://pivotpoint.org.au>

Need to talk to someone?

Odyssey House Community Services community-based programs are LGBTIQ-friendly & are specifically designed and facilitated by qualified counsellors and psychologists to guide clients through their recovery in a safe and supportive environment.

ODYSSEY HOUSE COMMUNITY SERVICES

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ODYSSEY HOUSE
NEW SOUTH WALES

Community Services