

HAPPY MARDI GRAS STAY SAFE

STIMULANTS



How to stay safer on Stimulants*

- Avoid when depressed/anxious
- Stay well hydrated
- Avoid other stimulants
- Drink less than 6 alcohol units
- Clean nose after use
- Use own straw/tube/needle
- Finely chop powder
- Set a limit on the amount you will use
- Eat properly
- Take a break from physical activity
- Regular sleep after use
- Use for less than 2 days in a row

* include methamphetamine, ecstasy, cocaine, mephedrone.

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