



Provided by



**Change  
Grow  
Live**

**If you're  
struggling with  
drugs or alcohol,  
we're here to  
help**



# Harm Reduction

## Alcohol

- Alternate alcoholic drinks with non-alcoholic beverages to stay hydrated.
- Spread your drinks out over a longer period rather than consuming them rapidly.
- Look out for friends, if someone is intoxicated and showing signs of alcohol poisoning, seek medical attention.
- Have alcohol-free days to allow your body to recover and reduce dependency risk.
- Avoid mixing alcohol with other substances.

## Ketamine

- Use in a safe environment, don't use on your own, be with a trusted person.
- Start with a low dose.
- Ketamine experiences can be intense, so plan for a calm and supportive environment.
- Space out your use to minimise the potential for tolerance, dependence and other negative effects.
- Ketamine can cause dehydration. However be cautious not to drink excessively as this can be harmful.
- Avoid mixing with other substances.

## Cocaine

- Check the purity and potency of your cocaine with testing kits, alternatively take low and slow.
- Steer clear of combining cocaine with alcohol or sedatives.
- Give yourself regular breaks from cocaine use to reduce tolerance, dependence and other negative effects.
- Use in a safe environment, don't use on your own, be with a trusted person.
- Drink water regularly to stay hydrated and regulate body temperature.

## MDMA, Ecstasy, Molly


- Ensure you have a trusted source for MDMA and test it for purity to reduce the risk.
- Begin with a lower dose. Avoid redosing too quickly.
- Choose a safe environment. Be aware of the potential for overheating, take breaks to cool down.
- MDMA can deplete serotonin levels. Adequate sleep, nutrition, and self-care are essential.
- Drink water regularly to prevent dehydration, but avoid excessive water intake. Follow the "1-2 glasses of water per hour" guideline.
- Avoid mixing with other substances.



## Cannabis

- Begin with a small dose and wait before consuming more.
- Use cannabis in a comfortable, safe place.
- Understand the effects of different cannabis strains.
- Do not drive whilst under the influence of cannabis.
- Drink water and have healthy snacks on hand.
- Don't combine cannabis with alcohol or other drugs.

**FOR SUPPORT CALL 0300 5550101**



**Do not drive whilst  
under the influence  
of substances.**





# Mulled Wine

## Non-Alcoholic



### Ingredients

- 500ml pomegranate juice
- 25g golden caster sugar
- handful of frozen blackberries
- 250ml apple juice
- 1 cinnamon stick
- 1 star anise
- 4 cloves
- 3 black peppercorns
- 1 orange, quartered

### Method

Put the pomegranate juice, sugar, blackberries and apple juice in a saucepan. Add the cinnamon, star anise, cloves, peppercorns and orange. Heat gently until simmering. Taste for sweetness, then strain into heatproof glasses.

 Serves 6





# Gin-gle All The Way

Non-Alcoholic



## Ingredients

- 100ml 0% Gin
- 100ml Clementine juice
- 2 tsp Granulated sugar
- 2 Sprigs of rosemary
- Soda water
- Slices of clementine to serve
- Ice cubes to serve

## Method

Mix together the non alcohol gin, clementine juice, and sugar in a cocktail shaker. Shake well until the sugar has dissolved .

Serve with ice, clementine slices and a sprig of rosemary to garnish.



Serves 2





# Crisis Helplines

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- **First Response Service:** Call NHS 111 Option 2
  - **Samaritans:** Call 16123 for all mental health and suicidal thoughts 24-hours a day, 365 days a year
  - **Lifeline:** Call 0808 8082121 for free, confidential and anonymous telephone helpline service that is currently available from 11am – 11pm every day.
  - **Shout:** Text 85258 if you would prefer not to talk but want some mental health support. Shout offers a confidential 24/7 text service
  - **SANEline:** Call 0300 304 7000 if you're experiencing a mental health problem or supporting someone else. SANEline is open 4:30pm - 10:30pm everyday.
  - **IN AN EMERGENCY:** PLEASE CALL 999
  - **Women's Refuge:** Call 0808 2000 247
  - **Respect Men's Advice Line:** Call 0808 8010 327





## Getting Support with Cambridgeshire Recovery Service

**E:** [recovery servicemcamb s.spoc@cgl.org.uk](mailto:recovery servicemcamb s.spoc@cgl.org.uk)

**W:** [www.cambsrecovery service.co.uk](http://www.cambsrecovery service.co.uk)

 CambsRecovery



 CambsRecovery



## Getting Support with Change Grow Live

**T:** 0300 5550101

**E:** [cambridgeshirereferrals@cgl.org.uk](mailto:cambridgeshirereferrals@cgl.org.uk)

**W:** [www.change growlive.org/service](http://www.change growlive.org/service)



 Change Grow Live - Cambridgeshire

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For more information visit:

[www.change growlive.org](http://www.change growlive.org)

[www.cambsrecovery service.co.uk](http://www.cambsrecovery service.co.uk)



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