

NO LiMiTS

Helping Young People
Help Themselves

STAY SAFE WITH DASH

Consider these harm minimisation tips
before the next time you drink or take
substances



Who knows?

Make sure someone you trust knows where you are and what you've taken.



Mind your mood

Be aware of how you're feeling before using substances. If you're feeling down or anxious, this can negatively impact your experience.

Stay with your mates

Stay with people you trust if you're using substances and look out for your friends.



Prepare and plan

When you're going out, make sure you've got cash, condoms and a charged phone.

Tolerance change

Be aware of any breaks in use, as your tolerance can drop quickly. If you've not used in a while, start with a smaller dose than you used to.



Safe place

Only take substances in places you feel safe, stick to places you know well with people you know well.

Use your own

Stick to using your own substances and equipment, avoid sharing things like notes.





Start low and take it slow

Take small amounts and wait to feel the effects before re-dosing. Having a slow response doesn't always mean it's weak. Remember that you can take another dose, but you can't undo a dose.

Mixing is risking

Stick to one substance at a time as drugs can negatively interact with each other when taken together.



DIY drinking

Pour your own drinks and don't accept drinks from people you don't know.

Coming down

After using, some substances can make people feel anxious and depressed. Comedowns are not a permanent after-effect. Look after yourself and avoid taking another substance to manage the comedown.



More information

Drugwise

Promoting evidence-based information on drugs, alcohol and tobacco.

drugwise.co.uk



Drugs and Me

Guides, blogs, digital tools and research to help people manage their drug use.

drugsand.me



Drug Science

Knowledge and resources about drugs to create positive change.

drugscience.org.uk



Do you want support with your substance use?

DASH

The DASH team at No Limits can help you to manage your alcohol use and they will be flexible to what your needs are.

They will give you information, advice and support around your alcohol use and help you create a plan to cut down and help you change your habits by getting you involved in a range of activities.

Who is DASH for?

DASH is for anyone under 25 living in Southampton postcodes SO14-SO19. If you are over our age limit but live in SO14-SO19, go to Change Grow Live for support. If you are outside of our area, our team can help with signposting you to your local service.

How do I get support from DASH?

- Drop in to our Advice Centre
- Refer online through our website
- Call 02380 224 224 (option 2)



DASH

nolimitshelp.org.uk/drug-and-alcohol-support-hub

Advice Centre

Open six days a week, come down and talk to a trained youth worker about any issue you have, without needing to make an appointment.

Address

13 High Street
Southampton, SO14 2DF

Opening times

Mon 10am-5pm | Tue 10am-5pm
Wed 1:30pm-8pm | Thu 10am-8pm
Fri 10am-5pm | Sat 10am-1:30pm



Advice Centre

nolimitshelp.org.uk/advice-and-wellbeing-hub/advice-centre