

Control freak! : can't remember to take my HIV drugs, can't get it together to use condoms, can't get a hard on any more, can't make it to work on Mondays, can't pay all my bills... / Camden & Islington Community Health Services NHS Trust ; designed by Eureka! Graphic Design Limited.

Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Control freak!

“Can’t remember to take my HIV drugs...can’t get it together to use condoms...can’t get a hard on any more... can’t make it to work on Mondays... can’t pay all my bills”

Drugs can affect our lives in many ways. Most people use them without fear of losing control or becoming dependent. But, in the whirlwind of clubbing and drugging, it can be easy for things to get out of control without realising. And that can lead to taking unintentional risks.

Although drugs don't **cause** risk-taking, they might make it more difficult to:

- have safer sex
- have the kind of sex you want or say “No!”
- take HIV medications properly
- have control over your life

Are you having too much of a good thing?
Perhaps it's time to take control...

If you feel that you might benefit from having someone to talk to who understands, call one of the agencies listed below. They're free, totally confidential and there for you...

Clued Up @ Axis drugs information and counselling

for young gay men 26 and under (book an appointment or just drop-in Thurs, 7-9pm at Mortimer Market, Capper St. W1)

0171 530 5050

PACE (mental health counselling by, and for, gay men)

0171 700 1323

National Drugs Helpline

(free and confidential information and advice, 24 hours)

0800 77 66 00



www.candihs.com/pinkpages