

"Shaken or stirred?" : a dab of speed to give E a kick, some champagne to wash down the cocaine, a snort of poppers to take you to a higher high... / Camden & Islington Community Health Services NHS Trust ; designed by Eureka! Graphic Design Limited.

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"Shaken or stirred?"

a dab of speed to give an E a kick... some champagne to wash down the cocaine... a snort of poppers to take you to a higher high...

Most people know how to mix their favourite drug cocktail, but did you know that mixing drugs puts a great strain on your mind and your body? The more chemicals you add into the mix, the more difficult it is to predict the effects.

It's also worth bearing in mind that most drug-related deaths occur when drugs are mixed. Alcohol makes a particularly bad mixer with GHB, ketamine, valium, heroin and ecstasy. Viagra and poppers are a potentially deadly combination too.

If you'd like to find out more about using drugs safely or 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

Lesbian, gay & bisexual alcohol project (counselling and advice)

0171 737 3579

Release (24 hour free and confidential legal advice)

0171 603 8654

National Drugs Helpline

(free and confidential information and advice, 24 hours)

0800 77 66 00