

Safer Injecting

It is safer not to inject, but if you must:

- **Avoid** sharing needles, syringes, filters, spoons and water. This will reduce the risk of HIV, Hepatitis B and C transmission
- Ask about Hepatitis B vaccination
- Don't be tempted to use other people's 'washouts'. It isn't just the needle that's dangerous; it's everything used for injecting that could pass on the infection
- When injecting drugs always remember to use clean, preferably new equipment and make sure your hands and the injection site are clean
- Avoid cocktails of drugs, mixing drugs makes it more difficult to predict what will happen and for how long
- Do not mix alcohol and drugs. This can lead to respiratory depression which means you may stop breathing or you may choke on your vomit. Many accidental overdoses and deaths are thought to be due to people mixing drugs, and particularly alcohol and drugs
- Avoid using the groin or neck veins. Groin injecting puts you at risk of blood clots, blood poisoning and overdose. In both the neck and the groin there are also other important arteries and nerves that you might accidentally hit

Remember less is safer

Useful telephone numbers

Narcotics Anonymous (NA) UK Help Line

0845 3733366 or 020 7730 0009

Frank Drugs Help Line

0800 776600

Release 24 Hours Help Line

020 7603 8654

Independence Trust (formerly GDAS)

Gloucester	01452 876440
Cheltenham	01242 584881
Stroud	01453 755711
Forest of Dean	01594 825656

Hepatitis / HIV Counselling

Gloucester	01452 311744
Cheltenham	01242 274285

Countywide Specialist Substance Misuse Service

West Gloucestershire Team	01452 891260
East Gloucestershire Team	01242 845614
Criminal Justice Drugs Team	01452 545779
Branchlea Cross	01242 845600

Primary Care Substance Misuse Service

Countywide Team	01452 523151
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CSSMS



Drug Diary

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