

Party Safer



Mixing Drugs & Alcohol is Risky

Alcohol with other drugs may be deadly.

Marijuana impairs attention span, ability to think clearly, make safe decisions & slows response time. Alcohol intensifies these effects.



Ecstasy impairs ability to think clearly & make safe decisions. 'E' & alcohol increases risk of dehydration, overheating & can be fatal.

Prescription or over the counter medications can cause cramps, headaches & vomiting. With alcohol, it can slow or stop breathing. Consult a pharmacist before drinking alcohol with medication



Stimulants (ex: caffeine, energy drinks) make you feel more awake. You may think you're sober when you're not.



Make the sober choice...enjoy non-alcoholic drinks for any occasion. Try Mocktails!

Think Before You Drink!

If you choose to drink...Protect yourself!

Think First – Drugs & alcohol impair your judgment, so take time before making decisions.

Stick Together! – Don't leave friends or go alone.

Drink Slowly – No more than 2 drinks in any 3 hours.

Stay Hydrated, eat before & while you drink – For every drink of alcohol, have one non-alcoholic drink.



Keep Someone in the Loop – Let someone know where you are & be with friends you know & trust.

Know Your Surroundings – Be alert in unknown places.

Know Your Limit – Set a limit for yourself & stick to it.

Be Prepared – If outside, carry a whistle & flashlight. Take your cell phone & program it with emergency #'s.

Don't leave your drink alone – ALWAYS keep it by you!

Don't take drinks from anyone you don't know.

Avoid drinks from open containers (punch bowl).

If a drink looks or smells different, don't drink it.



Avoid cranberry drinks - it hides the taste & smell of some drugs.

Only time sobers you up – Coffee, cold showers, energy drinks or food *don't* make you sober. You may still be impaired the next day.



Don't Drink & Drive – Have a plan for a safe ride home - take a cab, get a designated driver or stay the night.



Mental Health Crisis Line
1-888-737-4668

NL Health Line
1-888-709-2929

Kids Help Phone
1-800-668-6868



Warning!

Alcohol poisoning can kill - often from the person "passing out," vomiting & choking. If unconscious, lay on his or her side & watch closely. Clammy skin, low body temperature, slow breathing are signs of alcohol poisoning. **Seek emergency medical care immediately.**

If your drink (alcoholic or non-alcoholic) was spiked you might...

- Feel relaxed or really tired.
- Feel very drunk, out of control, suddenly outgoing or sensual.
- Pass out, not know where you are & have no memory of what happened.

If you suspect your drink may have been drugged you should...

- Tell someone you trust & seek medical attention immediately.

If you are concerned about your use of alcohol or drugs or someone else's, contact your local Mental Health & Addictions office or family doctor.

