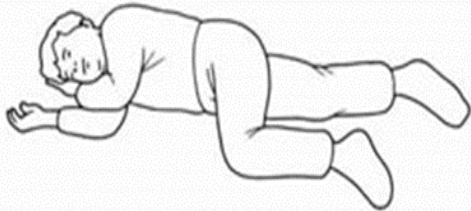


If someone has taken alcohol or drugs and becomes unconscious as a result, just:-

- Stay calm and place in the person in the recovery position as below.
- Check breathing and make sure the air ways are clear as below.
- Stay with them & Call 999

RECOVERY POSITION



TACKLING DRUGS

CHANGING LIVES



Sligo Development Centre
Cleveragh Road
Sligo

Tel: 071- 9151520
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www.nwdrugtaskforce.ie

*Fresher's Week
Keep Safe and
Healthy*



Welcome to college!

It all begins with Fresher's Week. It's a time in your life to become more independent and make life choices.

Please take a minute and read this leaflet to help you make informed choices that are safe, particularly if you consume alcohol and other drugs.

KNOW YOUR LIMITS.

- Pace yourself, Skip a round, Change to water or soft drink.
- Eat before you go out.
- Don't leave your drink unattended.
- Weekly limits for adults are 11 standard drinks for women and 17 standard drinks for men.



Northwest Regional Drug & Alcohol Task Force

NWRDATF continues to tackle harm caused by the misuse of alcohol and other drugs and provide support services in Donegal, Sligo and Leitrim.

Further information contact our office **071-9151520** or check out our website:

www.nwdrugtaskforce.ie

An over 18's service is provided by the Donegal outreach worker **Mary Healy contact 086-7752142**

In Sligo, the over 18's service is provided by **Sinead Raftery on 087-7878355** or **Mark Askey on 087-2208602**

The Task Force projects run regular drug & alcohol awareness days in Sligo and Letterkenny IT's.

If you are worried about the harm caused by drug or alcohol misuse please make contact with the services in your area.

www.nwdrugtaskforce.ie

Drugs - are they worth the risk?

It can be tempting to experiment with drugs, legal and illegal. Every drug has a side affect and mixing drugs and alcohol can be dangerous:-

- Alcohol is a depressant - large amounts can cause unconsciousness and possible death.
- Opiates which produce feelings of euphoria and sleepiness, such as heroin have a high risk of overdose.
- Stimulants such as cocaine keep you alert and are highly addictive.
- Hallucinogens like LSD & Magic Mushrooms produce feelings of intense distortions of perception & cause hallucinations.
- Legal highs synthetically mimic the above drugs and risks are much higher. New Psychoactive Substances can have dangerous effects & can take up to 4 hours to have an effect **so don't double up!**

www.nwdrugtaskforce.ie