

YOU MATTER. USE SUBSTANCES SAFELY

If you or your friends use substances to manage anxiety and stress, painful sensations or for fun, here are some things to consider:

- **Start low and go slow. Find out how YOU react.**
- **Don't use different substances at the same time because the effects can be unpredictable.**
- **Be extra careful if you are using substances where the dosage is unknown, or the substances are from a dealer.**
- **Always have someone else with you.**

Be prepared if something goes wrong...

- 1. Have a naloxone kit near by**
- 2. Call 911 if needed**
- 3. Stay until EMS arrives**

FOR INFORMATION ABOUT YOUTH-FRIENDLY SERVICES IN WELLINGTON COUNTY, SCAN HERE

