

ARE
YOU
USING



also known
as GHB, GBL,
and Liquid E
drugs.ie/ghb

It's always safest not to take unknown or illicit drugs at all. G is addictive and it is easy to overdose on it, so if you do decide to take it,

REMEMBER



Always prepare your own G



Pre-measure G carefully



Use as low a dose as possible and wait before re-dosing



Never swig from the bottle



Take G orally



Don't mix G with alcohol or other drugs



Do mix with water, soft drinks or juice



Use with people you trust in a safe environment



Always use condoms if using G. If someone 'goes under'/is unconscious they cannot consent to sex.



If someone you're with 'goes under'/is unconscious, put them in the recovery position and call 999. Don't assume they will sleep it off.

Need further information and support? Call the HSE Drugs Helpline 1800 459 459, the GMHS Outreach Team 01 669 9553, the National Drug Treatment Centre 01 648 8600 or the Rialto Community Drug Team 01 4540021