

# Leave the mixing to the DJ



**DRUGS.ie**  
Drug and Alcohol Information and Support



**There are always risks when taking drugs. It is always safer not to use at all, but if you do, follow our harm reduction information when you're on a sesh**

**What's in the pill or powder?** Drugs can look the same, but may have different contents or strengths – even drugs from the same batch.

**What about drug testing kits?** You cannot rely on drug testing kits as they have limitations. They mightn't tell you everything in the drug or the exact strength.

**Start low and go slow.** Start with a very small dose and see how you react to the drug. Wait at least 2 hours before taking more.

**Leave the mixing to the DJ.** Mixing drugs, alcohol and / or prescription drugs increases your risk of becoming unwell or overdosing.

**Stick together.** Don't leave your friends alone - set up a meeting point in case you get separated. Don't forget to charge your phone.

**Keep it cool.** Sip water but don't drink over a pint an hour. Take breaks from dancing and give yourself time to cool down.

**Always carry a condom if using drugs.**

**Don't be afraid to get help.** If you or a friend become unwell or feel suicidal after taking drugs get help immediately. **Be honest about what was taken, emergency services are there to help.**

For information and support go to [Drugs.ie](https://www.drugs.ie) or free phone our HSE Drug and Alcohol Helpline advisors on 1800 459 459 (Monday-Friday 9:30am-5:30pm)

**#SaferStudentNights**



**DRUGS.ie**  
Drug and Alcohol Information and Support

