Taking drugs means taking risks. The consequences could affect you and those around you. Know the facts, plan in advance and give yourself the time to have your own experiences – and learn from them.

Be especially careful when mixing drugs. It puts a great strain on the body and psyche. The effects are difficult to assess and don't simply correspond to the sum of the individual effects.

## Approach drug use with a low-risk attitude:

- Find out about the substance and have it tested in Drug Checking. See <u>know-drugs.ch</u> for the latest warnings about products.
- Think about how you're feeling and whether you're well enough to consume drugs. Visit drgay.ch/chemsex to learn more about the interactions of sex and drugs.

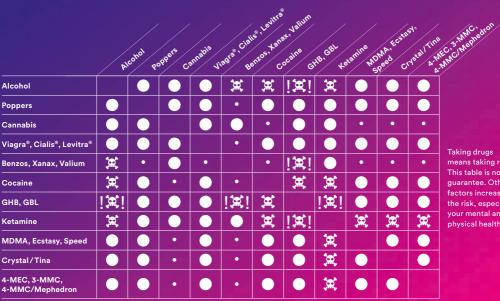
## There's support if you need it.

If your drug use is causing you problems, you have questions, or you need support, counselling is worthwhile. Counselling centres like Checkpoints can help you. More at <a href="mailto:drgay.ch/contacts">drgay.ch/contacts</a>



Dr. Gay

## Interaction with mixed drug use



Taking drugs means taking risks. This table is not a quarantee. Other factors increase the risk, especially vour mental and physical health.