

Warning: 'legal highs'

Northumbria Police and the North East Ambulance Service have reported a number of incidents of overdose and harm linked so called 'legal highs'

We do not know fully what 'legal highs' contain nor how they mix with other substances, like alcohol. Some, like synthetic cannabinoids are much stronger than cannabis.

They aren't all 'legal', they aren't all 'highs' and they are **never** safe.

They can have serious effects and put you at risk.

Don't take risks. **Don't use them.** Don't mix.

If you overdose, witness an overdose or are experiencing any unusual side effects, go to A&E or phone 999

For information or advice on how to stay safe, speak to your keyworker, drug or alcohol treatment service, Lifeline or DnA young people's service.

This warning was issued by the Director of Public Health on 8/1/16



Over 18

Harm reduction information and advice

Lifeline ☎ 0191 2614719

Family members?

Newcastle PROPs ☎ 0191 2263440

Under 19?

Want information or help about drink or drugs?

D'n'A ☎ 0191 2777377 📞 www.dnanewcastle.com