YPDAAT

Drug and alcohol support for young people

Top Ten Tips:

Plan your night:

Have a plan about where you're going, who with and when you'll be home.

Think about how you're getting home, not just where you are going:

Simple things like putting money aside for a taxi and some food at the end of the night and making sure your phone is charged will help make sure you get home safe.

Drink more slowly:

Sipping your drinks allows more time to feel the effects of the alcohol, and have a break if you're feeling drunk.

Avoid mixing:

Mixing different drinks or mixing alcohol with other substances can increase your risk of overdose or other harms.

Eat food before going out drinking:

People who don't eat before drinking are more likely to be sick and feel rough the next day.

Always make sure someone knows where you are:

Keep friends informed where you are going and let them know when you are home safely.

Be aware of the risks of drink spiking:

Always keep your drink with you and never accept a drink from a stranger. If you start to feel unwell, tell a friend or member of staff and go home with someone you know and trust.

Beware of illegal taxi's:

Never get into a taxi if you haven't ordered it, even if it looks like a taxi and even if the driver tells you it's your taxi

Have a day off to recover:

Partying is tough on your body.   Having a day off after a big night allows you to recover better and will reduce the harm to your health (and your wallet!)

Alcohol affects your mood:

Alcohol is a depressant drug so if you are already feeling low in mood, drinking alcohol will make you feel worse, so it's best to avoid it all together.

Finally – if something does go wrong, make sure you stay with your mates and call an ambulance if needed. If someone passes out or your can't wake them up, lie them on their side, clear any sick from their mouth, keep them warm and call 999.