



Supporting recovery
Reducing harm
Rebuilding lives

Alcohol and drugs: guidance on harm reduction

Alcohol harm reduction

- Keep a drinks diary.
- Try and drink low percentage alcohol.
- Try and socialise with friends who don't drink.
- Avoid going to places that serve alcohol.
- Only take small amounts of money out.
- Get support from SIAS, AA or SMART recovery groups.
- Find new hobbies or interests.
- Drink beer rather than spirits.
- Try and drink non alcoholic drinks in between drinks.
- Eat properly to avoid sugar lows.
- Try to get into a good sleep pattern.

Turn the page
for guidance on
drugs harm reduction



Drugs harm reduction

Cocaine

- Use your own clean straw to snort.
- Never use bank notes to snort from.
- Do not drink alcohol with Cocaine.

Cannabis

- Never drive under the influence of drugs.

Heroin/Crack

- Get drugs from a tried and tested source.
- Remove dealer and using friends' numbers.
- Wait at least two hours before taking more drugs.
- Try to use when other people are around.
- Smoke from foil rather than snorting or injecting.

If you are injecting

- Never share needles.
- Clean injecting area before and after injecting.
- Use needle exchange facility (SIAS and participating pharmacies).
- Dispose of needles in safe box (provided by SIAS and participating pharmacies).
- If injecting sites become infected seek medical advice.
- Inject towards the heart.
- Keep a naloxone pack with you.

Psychoactive drugs

- So-called legal highs are not legal and are extremely dangerous.
- If you feel unwell find a safe place to sit – it will pass.




If you are in need of support or guidance for yourself or another, please call us on:

0121 301 4141

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

Find out more

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