

Signs and symptoms that my friend or I might need help

- Feeling too hot
- Problems controlling muscles, the shakes, aches or cramps
- Unusual amount of sweating
- Racing heartbeat
- Rapid breathing
- Nausea or vomiting
- Diarrhoea
- Headache
- Confusion or agitation
- Delirium – confused thinking and reduced awareness
- Hallucinations
- Psychosis
- Seizures
- Reduced or loss of consciousness

Remember seek help ASAP. The medics will help, not throw you out or call the police.



Screenshot this, share and keep handy at events.

DRUG | AWARE