

PARTY SAFER



THINK AHEAD

Alcohol, cannabis & drugs impair judgment.

START LOW & GO SLOW

- Know your limit & stick to it.
- Choose cannabis products lower in THC.
- Start small with edibles, they take up to 2 hours to kick in.



STICK TOGETHER

PLAN A SAFE RIDE HOME



- TAKE A TAXI
- STAY THE NIGHT

DRINK WATER



EAT BEFORE & DURING



1 STICK TO ONE

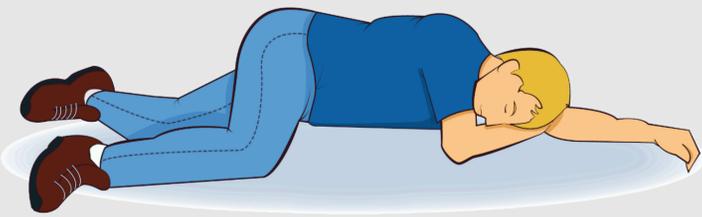
Mixing alcohol, cannabis, and/or drugs is risky.

ONLY TIME SOBERS YOU UP



Not coffee, cold showers, or food. You may still be impaired the next day.

KNOW THE SIGNS, CALL 911



RECOVERY POSITION

- Alcohol Poisoning
- Cannabis – Greening Out
- Opioid Overdose



BUY SAFER

Always buy from licensed retailers & use sealed products.



CARRY NALOXONE

ASK FOR HELP



Mental Health Crisis Line
1-888-737-4668

Crisis Text Line
text 'Talk' to 686868



Kids Help Phone
1-800-668-6868

HEALTHLINE
811

SIZE DOES MATTER

Beer/Cooler (12oz)
5% alcohol

Wine (5oz)
12% alcohol

Liquor (1.5oz)
40% alcohol



PROTECT YOUR DRINK

Keep it with you & only take drinks from someone you trust.



Online support & service directory

Bridge  the gapp.ca



Tips for an Awesome Night Out!