



### 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 2 hours to kick in.



### PROTECT YOUR DRINK



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



### STICK TOGETHER

# PARTY SAFER

### Tips For an Awesome Night Out

# 1

### STICK TO ONE

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

### EAT BEFORE & DURING



### ONLY TIME SOBERS YOU UP



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



### BUY SAFER

Always buy from licensed retailers & use sealed products.

- PLAN A SAFE RIDE HOME
- TAKE A TAXI
- STAY THE NIGHT



### DRINK WATER



### CARRY NALOXONE



### ASK FOR HELP WHEN YOU NEED IT



# Know the signs, call 911 immediately:

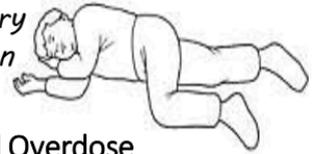
## Alcohol Poisoning

- Blue, cold, clammy skin
- Vomiting
- Passed out, won't wake up
- Slowed breathing

## Cannabis - Greening Out

- Vomiting
- Dizziness
- Chest pain
- Shortness of breath
- Anxiety or panic attacks

## Recovery Position



## Opioid Overdose

- Can't wake the person up
- breathing slowed/stopped
- Choking or gurgling
- Pupils are very small
- Blue, cold, clammy skin



12oz Beer  
5% alcohol

5oz Wine  
12% alcohol

1.5oz Liquor  
40% alcohol

**What if I have a problem?** If you're concerned about yourself or someone else, contact your local Mental Health & Addictions office.

**Mental Health Crisis Line**  
1-888-737-4668

**Crisis Text Line**  
text 'Talk' to 686868

**Kids Help Phone**  
1-800-668-6868

**HEALTHLINE**  
811

Online support & service directory at:

Bridge **the** gapp.ca

