



NOT OUR WAY

**DRUGS DON'T HAVE
TO BE ILLEGAL TO
BE LETHAL**



NSW Police Force

**Call Triple Zero (000)
immediately if someone:**

- has breathing problems
- turns blue (lips or nails)
- is not moving
- sounds like they're choking, gurgling or snoring
- can't be woken up
- feels cold and clammy
- has tiny pupils.



Pharmaceutical drugs cause more drug-related deaths than illicit drugs.

Prescribed drugs are misused when you:

- take more than you are supposed to
- take them to get high or escape issues in your life, or
- take drugs that belong to someone else.

**Call ADIS at any time for support,
information, advice, crisis counsellors and
referral in NSW.**

Sydney: 02 9361 8000

Regional NSW: 1800 422 599

Not Our Way (NOW) - For more more
information & resources please visit
www.police.nsw.gov.au/notourway