DRUGS DON'T HAVE TO BE ILLEGAL TO BE LETHAL
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 information & resources please visit www.police.nsw.gov.au/notourway

SHPN: CPH 170115