STIMULANTS & STIMULANTS

Stimulants stimulate the central nervous system (CNS), increasing heart rate and breathing.

Mixing strongly and unpredictably multiplies the stimulant effects, leading to increased risk of heart attack.

Stimulants cause you to become dehydrated more quickly, particularly in hot environments and if you're dancing.

MDMA and cocaine – Cocaine blocks some of the desirable effects of MDMA while increasing the risk of heart attack.

MDMA and amphetamines – Amphetamines increase the neurotoxic effects of MDMA.

Cocaine and amphetamine – Cocaine blocks some of the desirable effects of amphetamine while increasing the risk of heart attack.

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LEAVE THE MIXING TO THE DJ

WHAT HAPPENS WHEN YOU MIX DRUGS

General Advice

Have a plan and stick to it. Measure out all drugs when you're sober and choose settings and activities where you'll be safe, secure and comfortable.

Don't leave your drink unattended and keep an eye on your friends' drinks. Don't accept a drink from someone you don't know. If you think your drink might have been tampered with, don't drink it.

It might be hard to remember after a few drinks but try to keep 2 metres away from each other and regularly wash your hands or use hand sanitizer.

Remember

Try not to take drugs on your own, you'll be safer when problems occur. But, take responsibility don't rely on other people to look after you. Never share injecting or snorting equipment.

It might be hard to remember after a few drinks but try to keep 2 metres away from each other and regularly wash your hands or use hand sanitizer.

STIMULANTS & DEPRESSANTS

Stimulants (uppers) increase respiration rate allowing a higher dose of depressants (downers). If the stimulant wears off first then the depressant may overcome the patient and cause respiratory arrest.

Alcohol and Cocaine – This combination causes the production of cocaethylene in the body. Cocaethylene is more toxic than both alcohol and cocaine and stays in the body for longer, subjecting the heart and liver to a prolonged period of stress. It carries an 18 to 25 fold increase over cocaine alone in risk of immediate death.

Alcohol and MDMA – Both MDMA and alcohol cause dehydration. Alcohol will dull the effects of MDMA.

Alcohol and Stimulants – Drinking on stimulants is risky because the sedative effects of the alcohol are reduced, and these are what the body uses to gauge drunkenness. This typically leads to excessive drinking with greatly reduced inhibitions, high risk of liver damage and increased dehydration.

They will also allow you to drink past a point where you might normally pass out, increasing the risk. If you do decide to do this then you should set a limit of how much you will drink each hour and stick to it, bearing in mind that you will feel the alcohol and the stimulant less.

DEPRESSANTS & DEPRESSANTS

Depressants (downers) slow the central nervous system, decreasing heart rate and breathing. Mixing depressant drugs strongly and unpredictably multiplies the effects leading to a high risk of overdose.

Overdose can cause you to lose consciousness and stop breathing, therefore resulting in death. Whilst unconscious the risk of choking on vomit is high if not placed in to the recovery position.

Alcohol and GHB – Even in very low doses this combination rapidly leads to memory loss, severe loss of control of bodily movements and unconsciousness.

Alcohol and Benzodiazapines (Valium, Xanax, etc) – Alcohol and benzodiazepines interact strongly and unpredictably increasing the effects of each other. This can very rapidly lead to unconsciousness. Blacking out and memory loss is almost certain.

Alcohol and Ketamine (technically a dissociative rather than a depressant) – Both substances cause the loss of full control of bodily movements and bring a very high risk of vomiting and unconsciousness.