



Chemsex: how to reduce harm

When it comes to chems and partying, a bit of preparation and some simple boundaries can help to keep you safe.

withyou

wearewithyou.org.uk

withyou every step of the way

WithYou is a leading charity that supports adults and young people experiencing drug, alcohol and mental health challenges.

We provide free and confidential services, without judgement, to more than 100,000 people a year. We use our expertise to improve the help available and raise awareness around drugs, alcohol and mental health so that more people can get support.

Visit wearewithyou.org.uk for more information.



Chems advice and support

For some people, drugs and chemsex can begin to interfere with everyday life. If you're worried that your relationships, work, physical health or the general quality of your life is being negatively impacted, there is support available.

Through our free webchat service, trained experts can offer you confidential advice and support, and depending on where you live, may be able to send you equipment to help you to reduce harm.

Our webchat is open:

- Monday – Friday, 9am – 9pm
- Saturday – Sunday, 10am – 4pm

If you message outside of these hours, we'll get back to you as soon as we're open again. **Access our webchat service via our website:**

wearewithyou.org.uk

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Acknowledgements

We'd like to thank and acknowledge the Gay Men's Health Collective (GMHC), whose Safer Pack (2023) inspired us to develop the information in this leaflet. We'd also like to thank London Friend for allowing us to repurpose and distribute their G tracker, which can be found at the back of this booklet.

What is chems and chemsex?

The phrase 'chems' most commonly refers to the three drugs GHB/GBL (often known as G – see page 7), methamphetamine (often known as crystal meth) and mephedrone.

Chemsex is when one or more of these drugs is used to enhance sexual experience, commonly during sexual activity in a group or party setting.

Support and advice: three key checklists

Staying in control at chillouts and parties can help to keep you safe, especially if you plan to use chems. Use our before, during and after checklists to help you reduce harm.

Before you go

- ✔ **Check in with yourself:** Partying can take its toll on your physical and mental health. Before going to a chillout, take a moment to check if you're in the right headspace.
- ✔ **Personal safety:** Try to go with someone you trust. If you do go alone, let someone know where you're going.
- ✔ **Get a free BBV test:** Knowing your BBV (blood-borne virus) status helps prevent transmission. You can access free testing from drug and alcohol services, your GP, or sexual health centres. The NHS also provides a free online service for hep C testing: [hepctest.nhs.uk](https://www.hepctest.nhs.uk). If you think you're at risk after a party, get tested again.
- ✔ **Set boundaries:** Think about your boundaries and how you'll communicate them to other people. You can agree on things like using condoms and how long you want a session to last.
- ✔ **Plan ahead:** Prepare essentials like measuring equipment, condoms and chewing gum etc. Leave extra drug supplies at home to avoid temptation.
- ✔ **Build in recovery time:** Clear your diary and stock up your fridge, as you may not want to go shopping after you've been to a chillout.

While you're there

We know inhibitions are lowered and sex is intensified when using – **but always remember, no means no.**

- ✔ **Start low, go slow:** Drugs can affect your body in different ways at different times. Start by taking a small amount and wait at least two hours before your next dose.
- ✔ **Go at your own pace:** Try not to feel pressured to keep up with others and take more than usual, or push your limits just because it's a 'big' weekend.
- ✔ **Use a G tracker:** These can help you keep on top of your dosing – we've included one in this leaflet.
- ✔ **Know how much G you're taking:** Measure the correct amount, this can be done with a 2ml measuring syringe (free from any needle and syringe service). Measuring incorrectly increases the risk of overdose. If you use G to level out after a hit of crystal, only take your usual dose.
- ✔ **Time your doses carefully:** If you forget your G tracker, take a screenshot of the time or set a timer on your phone after each dose.
- ✔ **Try not to mix:** Mixing drugs (including alcohol) raises your risk of harm and makes staying in control harder.
- ✔ **Use your own equipment:** Sharing or reusing equipment increases your risk of BBVs like Hep B, Hep C, HIV, and infections. Take your own equipment, including pipes, notes/straws, and measurers. You can get sterile equipment, including lube and condoms, from any needle and syringe service,



Depending on where you live, you can get free chems equipment delivered to your home via our webchat. Visit [wearewithyou.org.uk](https://www.wearewithyou.org.uk)

Know the risks

- **Slamming (injecting)** can reduce the amount of control you have. If you're thinking of slamming, it's best not to share equipment or pool your drugs in a shared pot. Use coloured barrels or mark them so you know which is yours. For more information about safer injecting, please see our website or access our webchat.
- **Booty bumping**, also known as 'boofing', is where drugs are taken up the bum. This method can cause soft tissue damage, so if you're thinking of booty bumping, make sure you're well lubricated. Ensure everything is measured and dissolved in sterile water, and use a syringe without a needle attachment. More information can be found in this booklet.
- **Try not to let anyone else give you drugs.** If they do, make sure you know what you're taking and how much.

If someone overdoses, passes out or falls asleep and you can't wake them up, put them in the recovery position and **get help fast by calling 999**, telling emergency services what has been taken.

Aftercare

- ✓ **Manage the comedown:** Looking after yourself after a chillout is important – get plenty of rest, and it's best not to take any other drugs.
- ✓ **Stay hydrated:** Drink plenty of water and eat something nutritious which is soft on your stomach and not too rich.
- ✓ **Talk to someone:** If you're feeling low and feel you can't call a friend or family member, contact us – we're here to offer you free, confidential and non-judgemental advice: wearewithyou.org.uk
- ✓ **Access PEP:** If you are HIV-negative or don't know your status and you think you may have been exposed to HIV in the last 72 hours, access PEP (post-exposure prophylaxis) via your local A&E or sexual health service.

GHB and GBL

GHB (Gamma-Hydroxybutyric acid) and GBL (Gamma-butyrolactone) are two closely related drugs often referred to as G. They are a type of drug known as depressants and both cause euphoria, sedation and loss of movement control. Additional effects include increased libido, diminished inhibition, sociability and increased confidence.

Because of this, they are often used as a 'party drug.'

What do GHB and GBL look like?

GHB is a fine powder, usually white in colour. For use in the chemsex scene, the powder is dissolved in water so it looks like clear liquid. In this form, it has almost no smell and a soapy, salty taste. It can also be found as a paste or in capsules, though this is less common.

GBL looks like a clear liquid with a slight 'chemical' taste and odour. GBL is easily and cheaply available from dealers or via the internet, and may be marketed in larger volumes as an industrial cleaner.

Why knowing the difference between GHB and GBL is important

If you are taking G, it's important to know beforehand whether it's GHB or GBL.

GBL can be two to three times stronger than GHB, and the effects can come on very quickly and be more unpredictable.

For example, if your 1ml dose of GHB is actually GBL, you could be taking two to three times more than you expected. This increases your risk of an overdose.

How is G taken and how does it impact the body?

G can be taken in a number of ways including:

- **Orally** by drinking it (most common)
- **Snorting** up the nose
- **Injecting** into a vein, also known as 'slamming' (rare and extremely risky – please see page 16)

The time it takes to reach a desired high often depends on several factors, including your size, weight and metabolism, what you have already taken, the purity of the drug, and the dose.

Generally speaking, the effects start about ten minutes to an hour after using, and can last up to seven hours.

How does G impact your body?

- GHB and GBL can burn the mouth and throat when swallowed, if not diluted properly
- Because GHB and GBL can make people pass out easily, they've been linked to rape and other sexual assaults
- GHB and GBL can result in short-term confusion and disorientation



Reducing the risks of using G

It's safest not to use G, or any other drugs, but if you do:

- ✓ **Know the difference:** Is it GHB or GBL? Check what you're taking and adjust your dose accordingly.
- ✓ **Start low, go slow:** Drugs can affect your body in different ways at different times. Start by taking a small amount and wait at least two hours before your next dose.
- ✓ **Precisely measure doses:** Use a syringe wherever you can and check you can read the measurements, as G can remove the markings.
- ✓ **Check your pipette or fish bottle:** If you use a pipette or soy sauce 'fish' bottle, check you can measure accurately. They may look similar, but different bottles and pipettes hold different amounts.
- ✓ **Know the risks – slamming:** Injecting (slamming) G is extremely dangerous and can cause irritation at the injection sites and/or damage to your veins.
- ✓ **Try not to mix:** Mixing drugs carries more risk and makes it harder for you to stay in control. It's especially important not to mix G with other depressant drugs like alcohol or benzodiazepines, as this can impact your breathing. It's also important not to mix G with ketamine or crystal meth – doing this significantly raises your risk of overdosing.
- ✓ **Know the risks – G and alcohol:** Mixing G with alcohol can impact the effect of G, making safer dosing more difficult and increasing the risk of overdose.
- ✓ **Be aware if you're on antiretroviral therapy (ART):** Seek advice before taking G if you are taking antiretroviral therapy ART (medications used to treat HIV). Taking some types of ART with G can affect how both work in your body and cause harmful side effects. If you're on it, we'd encourage you to prioritise taking ART.
- ✓ **Time your doses carefully:** If you forget your G tracker (included with this leaflet), take a screenshot of the time or set a timer on your phone to help keep track of doses.



Try not to use for more than two days in a row to reduce the likelihood of developing a physical dependency to G and the risk of dangerous withdrawal.

GBL and GHB and overdosing

It's very easy to overdose on GHB and GBL. Signs of overdose include:

- Extreme tiredness
- Uncontrollable eye movements
- Disorientation, confusion and agitation
- Being unable to control your bladder
- Nausea or being sick
- Changes to your breathing

Severe overdoses can lead to comas, and in some cases, death.

If someone takes too much G and goes under, passes out or falls asleep and you cannot wake them up, put them in the recovery position and **get help fast by calling 999**, telling emergency services what has been taken.

G dependence and withdrawal

Regular use of G builds tolerance, which means people need to take more to feel the same effects. You can become dependent on G, and regular use can lead to severe, physical withdrawal symptoms which may require medical help.

Withdrawal symptoms are similar to those from benzodiazepines or alcohol, and can remain a risk for around nine days after ceasing use. Symptoms include:

- A faster heartbeat
- Insomnia
- Anxiety
- Restlessness
- Confusion and/or delirium
- Nausea and/or vomiting
- Hallucinations
- Excessive sweating
- Seizures

Withdrawal from GBL or GHB can be fatal. If you or someone you know is experiencing symptoms of withdrawal, call 999.

For support with cutting down your G use, contact one of our services directly or via our webchat service.

Methamphetamine (crystal meth)

What is it?

Methamphetamine is a synthetic stimulant drug, commonly known as crystal meth. Other names include 'Tina', 'meth', 'ice', 'crank' and 'yaabaa'.

It's often used for energy during non-stop sex or dancing sessions to increase feelings of confidence, alertness and sex drive, as well as to reduce the desire to sleep.

Other effects include euphoria, a strong urge to continue use, restlessness, aggression and compulsive behaviour (including risky sexual behaviour).

What does it look like?

It usually comes as colourless crystals, a whitish powder, or pills (which may be coloured).

How is it taken?

It can be taken in a number of ways, including:

- **Injecting** into a vein (slamming)
- **Smoking** in a glass pipe
- **Snorting** up the nose
- **Booty bumping**, also known as 'boofing', where the drug is dissolved in water and squirted into your bum
- **Orally** rubbed onto the gums
- **Swallowing** in cigarette or toilet paper

How quickly it takes effect depends on several factors, including your size, weight and metabolism, what you have already taken, the purity of the drug, and the dose.

Generally, the effects start about ten minutes to an hour after using, and can last up to seven hours. However, the effects of smoking crystal meth are almost instant.

How does it impact your body?

In the short-term, it can:

- Make you feel wide awake, confident and impulsive
- Make you less likely to feel pain, with fewer inhibitions, leading to increased risk of hurting yourself without realising
- Increase your sex drive
- Increase your body temperature, heart-rate and blood pressure, which leads to increased risk of a heart attack, stroke, coma or death

In the longer-term, it can:

- Damage your lungs, nose, mouth and heart
- Lead to dental issues
- Severely impact your mental health, including paranoia, psychosis and anxiety
- Cause hallucinations
- Cause itching skin
- Reduce the ability to experience pleasure

Coming down from crystal meth can leave you feeling exhausted and can negatively impact your mental health.

Withdrawal symptoms develop around 24 hours after last use.

Crystal meth dependence and withdrawal

With continued use, there is a high risk of developing psychological dependence to crystal meth. As tolerance builds up quickly, people need more to get the same high. Withdrawal signs and symptoms include:

- Anxiety, paranoia and depression
- Hallucinations
- Insomnia/hypersomnia
- Confusion or memory issues
- Loss of pleasure
- Red, itchy eyes
- Aches, pains and tremors
- Fatigue/extreme tiredness
- Aggression
- Extreme hunger/loss of appetite

Staying hydrated can help reduce the risks associated with reducing crystal meth intake. **Please contact WithYou or another drug and alcohol service, your GP or another healthcare professional for support and guidance.**

Signs of crystal meth overdose:

- Personality changes
- Changes in alertness, or showing aggressive or hyperactive behaviour
- Paranoia
- Difficulty breathing
- Chest pains or confusion
- Intense stomach pain
- Seizures
- High body temperature
- Symptoms of Acute Kidney Injury (e.g. difficulty urinating, dark urine)

Overdose can lead to collapse, and in some cases, death. If someone goes under, passes out or falls asleep and you cannot wake them up, put them in the recovery position and **get help fast by calling 999**, telling emergency services what has been taken.

Reducing the risks of using crystal meth

It's safest not to use crystal meth, or any other drugs, but if you do:

- ✓ **Start low, go slow:** Drugs can affect your body in different ways at different times. Start by taking a small amount and wait at least two hours before your next dose.
- ✓ **Use protection:** Crystal meth can increase sex drive and some people take sexual risks they normally wouldn't. This can lead to harm and increased risk of picking up or passing on HIV, sexually transmitted infections (STIs) and blood borne viruses (BBVs).
- ✓ **Pack extra condoms and lube:** If having sex while using crystal meth, use plenty of water-based lube, check the condom for tears, and use a new one after 30 minutes to help reduce the risks of STIs and BBVs.
- ✓ **Be aware of blood:** Crystal-fuelled sex sessions, especially long ones, can lead to sores and bleeding, which can increase the risk of contracting or transmitting BBVs such as HIV, Hep B, Hep C.
- ✓ **Try not to mix:** Mixing drugs carries more risk and makes it harder for you to stay in control, increasing your chance of overdose. Mixing crystal meth with antidepressants or drugs like ecstasy, cocaine, poppers and viagra significantly raises your risk of high blood pressure, chest pains, heart attacks and strokes. Using depressants to help come down after using crystal meth can also create a risky cycle of dependence on both drugs.
- ✓ **Know the risks – crystal meth and G:** Try not to mix crystal meth with G. Doing this significantly raises your risk of overdosing.
- ✓ **Know the risks – crystal meth and alcohol:** Some people use alcohol to reduce the comedown effects of crystal meth, but combining the two hides the harmful side effects of one or both – greatly increasing risk of overdose.
- ✓ **Know the risks – slamming:** Injecting (slamming) crystal meth leads to increased risk of dependence and can cause your veins to collapse, blood poisoning and heart infections.
- ✓ **Remember to eat and rest as much as you can:** Crystal meth suppresses your appetite and keeps you wide awake, so you may go days without eating or sleeping without realising. This can lead to stomach issues, such as acid reflux (when stomach acid travels up towards the throat) or gastritis (where the stomach lining gets inflamed).

Mephedrone

Mephedrone, also known as '4-MMC', 'bounce', 'bubble', 'charge', 'drone', 'M-CAT', 'M-smack' and 'meow meow', is a powerful amphetamine.

It is an 'upper', so it speeds up the body's reactions and functions. Mephedrone releases the brain's stress hormone norepinephrine and 'feel-good' chemicals, dopamine and serotonin.

It usually looks like a fine white powder, or an off-white or yellowish coloured fine powder. It can also look like small, coarse crystals, which are usually crushed into a powder to make it easier to use.

Mephedrone is often described as being like a mix between speed, ecstasy and cocaine. It can make you more alert, confident and sexually aroused, and it can also make you feel anxious, very hot, and agitated.

How is mephedrone taken and what are the impacts?

Mephedrone can be taken in a number of ways, including:

- **Injecting** into a vein (slamming)
- **Smoking** in a glass pipe
- **Snorting** up the nose
- **Booty bumping**, also known as 'boofing', is where drugs are taken up the bum
- **Orally** rubbed onto the gums
- **Swallowing** in cigarette or toilet paper

The time it takes to reach a desired high often depends on several factors, including size, weight and metabolism, what you have already taken, the purity of the drug, and the dose amount.

Taking mephedrone can:

- Affect your circulation, leading to blue or cold fingers
- Lead to severe nosebleeds
- Cause damage to your heart
- Overstimulate your nervous system, increasing your risk of hallucinations and seizures
- Insomnia
- Short-term memory loss
- Cause you to become very hot, especially when mixed with drugs like ecstasy, which can lead to increased harm and can be fatal

Coming down from mephedrone can leave you feeling exhausted and can negatively impact your mental health and cause cravings, and these feelings can last well into the next day.

Reducing the risks of using mephedrone

It's safest not to use mephedrone, or any other drugs, but if you do:

- ✓ **Start low, go slow:** Drugs can affect your body in different ways at different times. Start by taking a small amount and wait at least two hours before your next dose.
- ✓ **Try not to mix:** Mixing drugs carries more risk and makes it harder for you to stay in control, it's best not to take other stimulant drugs at the same time. Taking some prescription drugs, such as antidepressants, and mephedrone at the same time can lead to seizures or heart damage.
- ✓ **Know the risks - mixing with alcohol:** Drinking alcohol and taking mephedrone can cause confusion and sometimes lead to aggressive or erratic behaviour.
- ✓ **Know the risks - slamming:** Injecting (slamming) mephedrone leads to increased risk of dependence and BBVs, and can cause your veins to collapse, blood poisoning and heart infections.
- ✓ **Look after your nose:** Mephedrone can cause damage to the inside of your nose, so if you snort it, wash out your nose with clean water (nasal douching) after a session to reduce harm.
- ✓ **Stay hydrated:** Mephedrone can seriously dehydrate you, so keep your fluids topped up.

Signs of mephedrone overdose:

- Numbness in your limbs
- Your fingers and toes turning a blue-ish colour
- Ringing in your ears
- Chest pains
- Anxiety or paranoia

Overdosing can lead to unconsciousness, coma and death. If someone goes under, passes out or falls asleep and you cannot wake them up, **put them in the recovery position and get help fast by calling 999, telling emergency services what has been taken.**



Safer slamming (injecting)

Slamming, or injecting drugs, is the most dangerous way you can take them, as the risk of overdose is increased, deaths are more common and risk of contracting blood borne viruses and bacterial infections is increased.

It's safer not to inject drugs, but if you do choose to, these tips can help to reduce harm.

- **It's best not to inject G:** Injecting G is extremely dangerous and can cause irritation at the injection sites and/or damage to your veins
- **Wash your hands and the injection site:** Wash your hands with soap and water, and clean the injection site with soap and water. If this isn't possible, use an alcohol swab, or a cotton ball and alcohol, drying with a clean paper towel or tissue
- **Use sterile injecting equipment including syringes, needles, cups, spoons, filters and anything else that may become contaminated with blood:** New single use sterile packaged equipment is best. If you find yourself in a situation where you have to re-use, only use your own and flush it through with thin bleach and flush with clean fresh water. Reusing blunt needles will also cause more pain and damage at the injection site that can lead to infection
- **Use sterile water:** Sterile water is best for dissolving and injecting. If you don't have access to this, freshly boiled tap water which has cooled down is safest to use. Throw away any leftover water after use as bacteria build up quickly
- **Administer your own drugs:** Try not to let anyone else inject you. If they do, make sure you know what's in the barrel and how much
- **Where to inject:** The lower arms and legs are the safest sites to inject. Injecting in the neck, penis or groin area is very dangerous and can cause serious harm

- **Rotate injection sites:** It's best not to inject in the same place to give them time to heal. Inject at least one centimetre away from your last injection site, and try not to inject below a recent hit on the same vein – go above it (towards your heart)
- **It's best not to share or reuse equipment:** Sharing equipment raises your risk of blood-borne viruses like Hep B, Hep C and HIV. To protect yourself and reduce the risk of infection, take your own equipment to every party or chillout, including pipes, notes/straws, pipettes and measurers. You can get all the clean equipment you need for a session, including lube and condoms, from any needle and syringe service or via our Webchat service, so don't be shy to ask
- **Know what's yours:** it's best not to pool your drugs in a shared pot, and use coloured barrels or mark them so you know which is yours to help reduce the risk of BBVs and STIs being passed on, and so you can more easily keep control of how much you've taken
- **Dispose of needles safely:** Always use a sharps bin. If you don't have one, use a container that needles can't puncture until they can be disposed of safely. It's important not to recap the needle

Tourniquets

Only use a tourniquet if you can't find a vein without one. If the veins are easy to reach, a tourniquet would put unnecessary pressure on your veins which can lead to increased harm.

To apply a tourniquet, put it around the upper arm and clench and then open your fist repeatedly. It's important not to make the tourniquet too tight, as this can constrict the arteries which makes finding a vein more difficult.

Use a special tourniquet or a wide, elastic belt. It should be easy to loosen the tourniquet without letting go of the syringe.

For more information and advice on safer injecting please contact WithYou or your local drug and alcohol service where you can speak to trained professionals and access specialist Needle and Syringe Programmes. You can also visit our website or speak to our webchat service.

Booty bumping

Booty bumping, also known as 'boofing', is where drugs are taken up the bum. Other common names include 'plugging', 'hooping', 'butt chugging', 'up your bum', or 'UYB'.

It involves mixing drugs with water and squirting it into your bum. A syringe without a needle at the end or lube injectors (lube shooters or lube launchers) can be used.

Some people may put the drug in their bum without mixing it in water, though this method carries a higher level of risk.



The impact of booty bumping

Many people booty bump so that they can avoid the risks associated with injecting, though it's important to note that booty bumping has its own risks. These include:

- Tearing, which can put you at greater risk of blood borne viruses (HIV, Hep B, Hep C) and STI transmission
- Damaging the rectal area, which can cause irritation, pain and bleeding
- Having blood in your poo
- Frequently needing to poo and being unable to control your bowels
- Haemorrhoids

It can be harder to control how much drug when boofing and drugs taken UYB have a quicker effect than other ways, which can increase your risk of overdosing and even dying from consuming too much of a drug.

Reducing the risks of booty bumping

✔ **Use your own equipment:** Sharing equipment increases your risk of BBVs and infections. To protect yourself, take your own equipment which you can obtain from any needle and syringe service, or depending on where you live, via our webchat service.

✔ **Start low, go slow:** Drugs can affect your body in different ways at different times. Start by taking a smaller amount than you would normally, so you can "warm up" safely.

✔ **Use sterile water:** Sterile water is best for dissolving. If you don't have access to this, freshly boiled tap water which has cooled down is safest to use. Throw away any leftover water after use as bacteria build up quickly.

✔ **Make sure everything is measured and dissolved:** Measure out your drugs so you know how much you're taking, and mix it with sterile water, stirring until all of it is dissolved.

✔ **Use lube:** Using lube will help to reduce the risk of rips and tears.

✔ **Slowly insert the syringe:** Go in slowly to help reduce the risk of tears, and remember that you don't need to go very deep.

✔ **Clean up afterwards:** Wash your hands with soap and warm water to help reduce the risk of infections.



Comedowns

If you've been out partying and have used drugs, there's a good chance you'll experience a comedown when the partying ends.

Drugs can change the way we think, and comedowns happen when the feel-good chemicals released by the brain during use stop being available when the drugs wear off.

Comedowns don't last forever, but they can affect your mood, motivation, energy levels, and your mental health. You may feel sad, regret or shame, so talking to someone about your feelings is really important. Some people may find comedowns very challenging, and it can sometimes take a few days to fully recover.

Looking after and being kind to yourself after a chillout is important:

- **Eat and stay hydrated:** Drink plenty of water to rehydrate you, and try to eat little and often, even if your appetite is poor.
- **Rest and sleep:** Parties can be exhausting – get plenty of rest and sleep. It's important to get back into a routine, so aim for your usual bedtime.



- **Talk to someone:** If you're feeling low and feel you can't call a friend or family member, contact us for help – we're here to offer you free, confidential and non-judgemental advice via our webchat service: wearewithyou.org.uk
- **Keep an eye out on your body:** Watch out for ulcers and sores, especially if they're not healing or are painful.
- **Access PEP** either via a local hospital or sexual health service if you are HIV-negative or don't know your HIV status, and you think you may have been exposed to HIV in the last 72 hours during sex.

Sexual health information

Sexual health services can support you in a number of ways, including screening, detecting and treating sexually transmitted infections (STIs). You can often get results in minutes, and many offer PrEP or PEP.

Pre-exposure prophylaxis (PrEP)

PrEP (pre-exposure prophylaxis) can reduce your chance of getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective at preventing HIV. PrEP does not protect you against BBVs such as Hep B and Hep C.

It's important to remember that condoms are still the most effective method of preventing BBVs, HIV and other sexually transmitted infections (STI).

Post exposure prophylaxis (PEP)

PEP can be used after potential exposure to HIV, to reduce the risk of HIV infection.

PEP can prevent you from becoming infected with HIV if you start taking it within 72 hours from the time of exposure, so getting quick access is vital. PEP is available from sexual health clinics and at some hospital's accident and emergency departments (A&E).

Scan the QR code to find your nearest sexual health services



G tracker

Use this G tracker to keep on top of your dosing – add the date, and then keep track of how much you take and at what time.

Remember – start by taking a small amount and wait at least two hours before your next dose. If someone overdoses, passes out or falls asleep because they've taken too much and you cannot wake them up, it's important to **put them in the recovery position and get help fast by calling 999.**

Date	Date	Date
Add times and doses:	Add times and doses:	Add times and doses:

Support available

Remember, we are WithYou

Through our webchat service, you can:

- Access interventions around the mental health impacts of chems
- Receive support to manage substance dependence

Depending on where you live, you may also be able to order chems equipment, like barrels, needles and condoms, directly to your home and free of charge.

So if you're looking for free, confidential and judgement free support, get in touch with us: wearewithyou.org.uk



Other support

- **Call 999** if you are in immediate danger or are thinking about harming yourself.
- **The LGBT+ Switchboard** can be called on 0800 0119 100 – volunteers identify as LGBTQ+ and are available 365 days a year, 10am–10pm.
- **Galop run the National Helpline for LGBT+ Victims and Survivors of Abuse and Violence.** You can call the helpline on 0800 999 5428
- If you're thinking about taking your own life, call the **Samaritans** on 116 123

Drug testing

WEDINOS is a harm reduction project, providing an anonymous sample testing service. Please remember to test a sample from each new batch of drug, and allow a few days for the results to come back: wedinos.org





withyou

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