



MIXING SUBSTANCES

WHAT YOU NEED TO KNOW

DRUG SYNERGISM

The interaction between **2+** drugs

The **TOTAL EFFECT** of the drugs is **GREATER** than the sum of the individual effects of **EACH DRUG**



Taking certain types of drugs together can have unintended consequences such as higher risk of overdose. There are safer ways to use multiple drugs and it is important to know high risk combinations



Check YOURSELF



**BY CHART,
ONLINE OR
HELPLINE!**

<https://youthrise.org/resources/drug-combinations-chart/>

<https://knowyourstuff.nz/2018/02/16/more-drugs-do-not-mean-more-fun/>



Legend					
Low Risk & No Effect •	Low Risk & Decrease Effect ↓	Low Risk & Increase Effect ↑	Caution: Some Risk !	Unsafe: High Risk ∅	Dangerous: Very High Risk ⊗

	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol
Cannabis	Cannabis	↑	!	↑	!	↑
Ketamine	↑	Ketamine	!	↑	!	⊗
Amphetamines	!	!	Amphetamines	↑	!	!
MDMA	↑	↑	↑	MDMA	!	!
Cocaine	!	!	!	!	Cocaine	∅
Alcohol	↑	⊗	!	!	∅	Alcohol
GHB	↑	⊗	!	!	!	⊗
Opioids	↑	⊗	!	•	⊗	⊗
Tramadol	↑	⊗	⊗	⊗	⊗	⊗
Benzodiazepines	↓	!	↓	↓	↓	⊗
SSRIs	•	•	•	↓	•	!
	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol

GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	
↑	↑	↑	↓	•	Cannabis
⊗	⊗	⊗	!	•	Ketamine
!	!	⊗	↓	•	Amphetamines
!	•	⊗	↓	↓	MDMA
!	⊗	⊗	↓	•	Cocaine
⊗	⊗	⊗	⊗	!	Alcohol
GHB	⊗	⊗	⊗	•	GHB
⊗	Opioids	⊗	⊗	•	Opioids
⊗	⊗	Tramadol	⊗	⊗	Tramadol
⊗	⊗	⊗	Benzodiazepines	•	Benzodiazepines
•	•	⊗	•	SSRIs	SSRIs
GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	

HOW TO

Use More Safely

NEVER USE ALONE HOTLINE
800-484-3731

Don't Use Alone

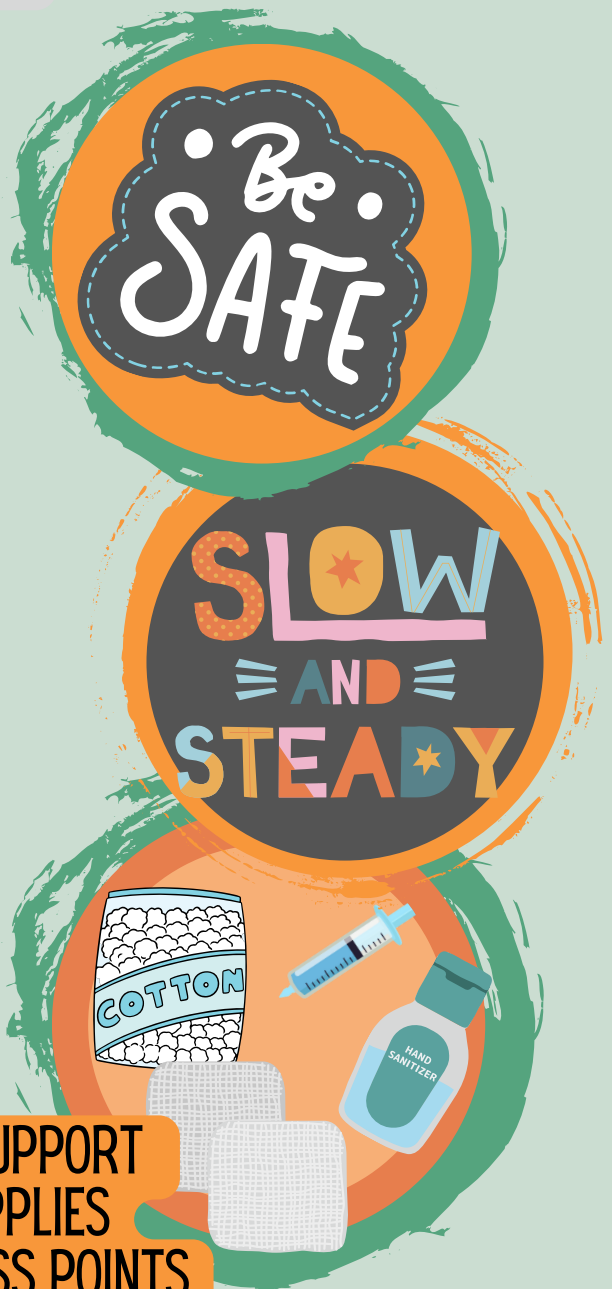
Whenever possible, use with someone else around you who is aware of how to help if overdose occurs (if you are both using, have one of you go then a little while later have the other go. If you must use alone call the Never Use Alone hotline or a friend.

Start Low, Go Slow

You can always use more, but can't use less. Once you dose too high, you can't take it back, but can always add to achieve the desired effect. Start with small doses and add more if desired.

Test your drugs

An inconsistent quality and cuts leads to increased overdose because people don't know what they are using. Test your drugs for Fentanyl and Xylazine by using Fentanyl test strips and Xylazine test strips.



**HARM REDUCTION SUPPORT
& SAFER USE SUPPLIES
CONTACT MAINE ACCESS POINTS**

Statewide Naloxone/Oxford Co.: (207)370-9445

York Co.: (207) 370-4782

Washington Co. (207) 370-1042

HOW TO

Use More Safely

MASSACHUSETTES OD PREVENTION HELPLINE
(SERVES ALL OF NEW ENGLAND)
800-972-0590

Use Stronger Substance First

Take the stronger drug first and then add in the other one a little bit later.

Risk, Set, Setting:

What's going on in your body? are you dehydrated, sick or recently had an overdose? What is your environment? What kind of drug combination are you using?

Know the Effects:

Do your research. What are the known effects of each drug separately and what effects if used together.



24/7
SERVICE

THE BRAVE APP

No Judgement, Just Love.

Download THE BRAVE APP and you can call 24/7 to have a peer on the line with you in case you need assistance while using alone. .

WWW.MAINEACCESSPOINTS.ORG