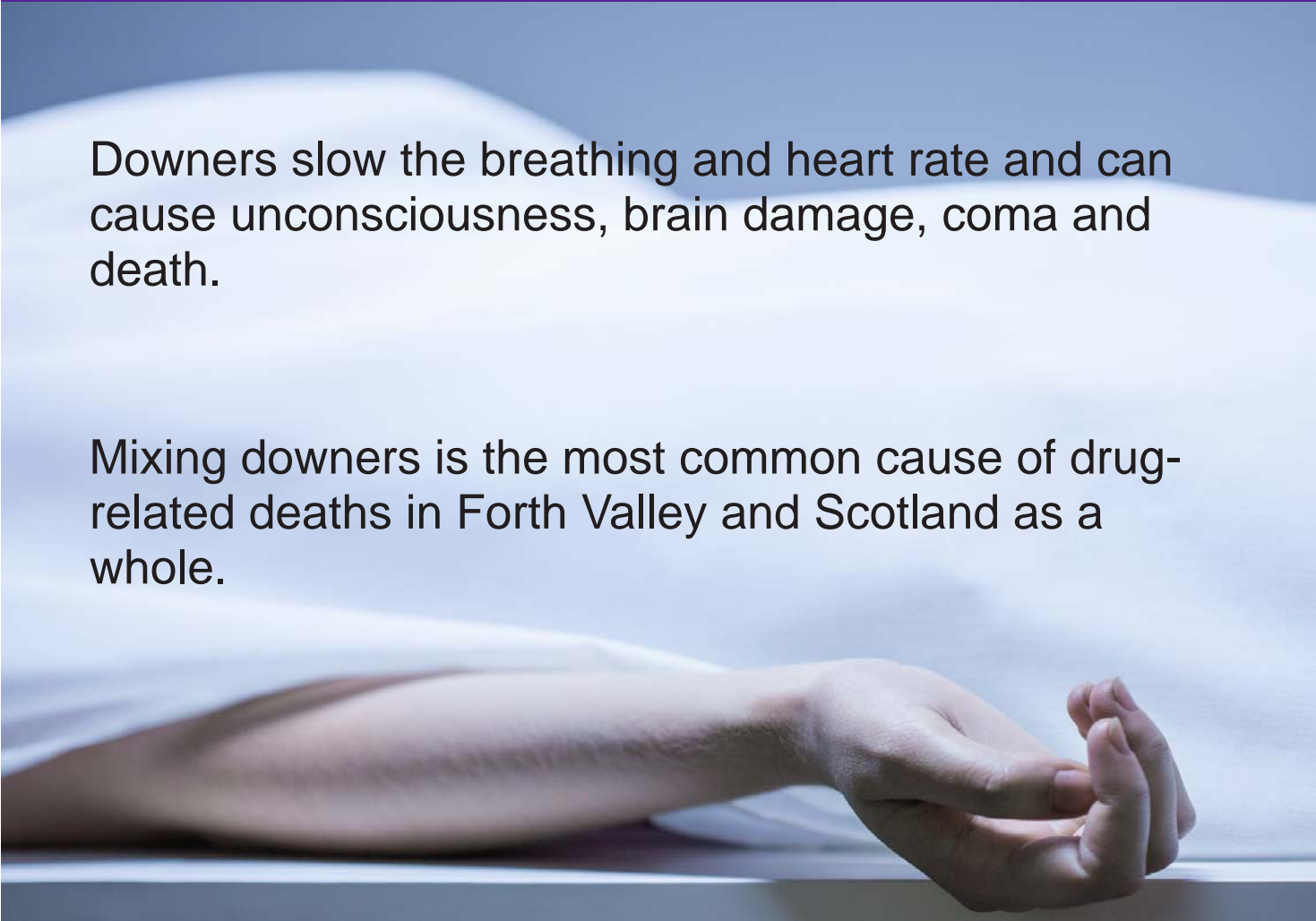


Downer Deaths

(Blues, Vallies, Scoobies, Benzos, Diazepam)
Whatever you call them, we have a problem!

**Don't be down and out.
Mixing downers increases the risk!**

A photograph of a person lying in a hospital bed, covered with a white sheet. Only their arm and hand are visible, resting on the bed. The background is a plain, light-colored wall.

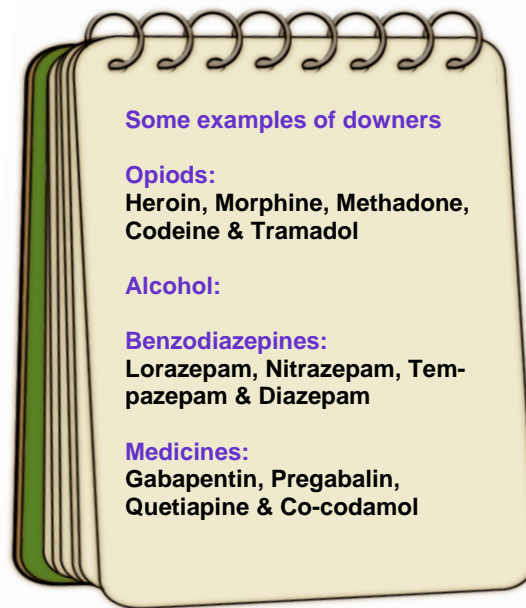
Downers slow the breathing and heart rate and can cause unconsciousness, brain damage, coma and death.

Mixing downers is the most common cause of drug-related deaths in Forth Valley and Scotland as a whole.

A Downer:

- Is anything which can make you feel drowsy;
- Slows breathing and heart rate;
- May cause unconsciousness;
- Makes you more vulnerable to injury, falls, burns, robbery or assault;
- Reduces oxygen levels in the body; and
- May cause brain damage, coma, heart attack and death.

**Mixing downers
increases all these risks.**



Some examples of downers

Opioids:

Heroin, Morphine, Methadone,
Codeine & Tramadol

Alcohol:

Benzodiazepines:
Lorazepam, Nitrazepam, Tem-
pazepam & Diazepam

Medicines:

Gabapentin, Pregabalin,
Quetiapine & Co-codamol

Remember—drugs can keep having an effect for much longer that you can feel them.

Overdose?



Snoring?

Blue lips or
fingernails?

Noisy
breathing?

Asleep
and won't
wake up?

Pale and
clammy
skin?

Don't delay!

- Call 999.
- Put the person in the recovery position and do CPR if you know how.
- Use Naloxone.
- Remember, uppers do not help and can make things worse.



If you are in crisis, or feeling suicidal and need to talk to someone, please call Samaritans on 116 123 or Breathing Space on 0800 83 85 87.

For more information about drugs, alcohol or where to obtain a supply of Naloxone, contact:

Signpost Forth Valley - 0845 673 1774

If you are currently in treatment contact:

[FVADP Service Directory](#)

www.forthvalleyADP.org.uk

Many tablets sold on the street look the same as those given out from pharmacies. However, testing has shown that:

- Some do not contain diazepam at the stated dose
- Some have been shown to contain no diazepam at all
- Some contain more powerful and dangerous drugs

You can obtain the service of an interpreter or have this document translated in your own language by contacting the interpreting services on 0845 130 1170. These services are available free of charge.

ਤੁਸੀਂ, 0845 130 1170 ਤੇ ਦੁਬਾਸ਼ੀਆ ਸੇਵਾਵਾਂ (interpreting services) ਨੂੰ ਸੰਪਰਕ ਕਰਕੇ ਇਕ ਦੁਬਾਸ਼ੀਏ ਦੀ ਸੇਵਾ ਜਾਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਆਪਣੀ ਬੋਲੀ ਵਿਚ ਅਨੁਵਾਦ ਲੈ ਸਕਦੇ ਹੋ। ਇਹ ਸੇਵਾਵਾਂ ਮੁਫਤ ਹਨ।

آپ 0845 130 1170 پر انٹریپرٹنگ سروس سے رابطہ کر کے کسی مترجم کی خدمات حاصل کر سکتے ہیں یا اس دستاویز کا ترجمہ اپنی زبان میں کرا سکتے ہیں۔ یہ خدمات مفت دستیاب ہے۔

您可以通過撥打翻譯服務熱綫 0845 130 1170 取得翻譯員服務或得到此文件的翻譯版本。 這些服務都是免費的。

Galite prasyti vertejo paslaugu arba gauti sita dokumenta isversta I jusu kalba kreipdamiesi I musu vertimo paslaugu biura skambindami 0845 130 1170. Sitos paslaugos yra nemokamos.

يمكنك الحصول على خدمة الترجمة الفورية أو القيام بترجمة هذه الوثيقة إلى لغتك الأصلية عن طريق الإتصال بخدمات الترجمة الفورية على رقم 0845 130 1170. هذه الخدمات متاحة مجاناً بدون أى مقابل مادي.

Dzwoniąc do biura tłumaczeń pod numer 0845 130 1170 możecie Państwo prosić o tłumacza albo otrzymać ten dokument przetłumaczony na wasz język ojczysty. Powyżej wymienione usługi są darmowe.