

# Ketamine Harm Reduction



## Risk of Mental Health problems:

Avoid if prone to mental health problems

Don't use if feeling anxious or depressed

Don't use in conjunction with other psychoactive compounds

Use in company of trusted friends

## General:

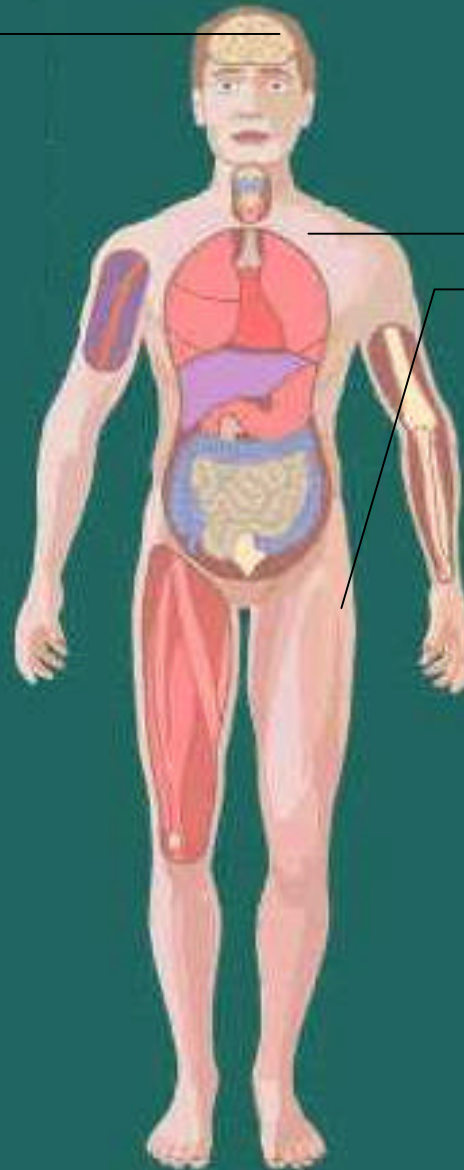
Be cautious when ingesting white powders – especially if you DON'T want to take ketamine.

If you are looking for MDMA or Cocaine be careful of being offered K by mistake

Cocaine will rapidly numb the tip of the tongue if placed against it; ketamine won't

Consider using EZ-test if buying E/MDMA

if you start to feel heavy-limbed it's probably ketamine; get to a safe place



## General:

Risk of nausea and vomiting;

Don't use with alcohol

Place user in recovery position when using/intoxicated

## While Intoxicated:

You are vulnerable and less sensitive to pain!

Stay with people you know and trust to look after you;

Don't mix ketamine with other drugs, especially cocaine as this is more likely to make you reckless

Don't try and lift heavy items;

Don't use in high-risk environments

Be careful of hazards like sharp things, glass, fire etc