

P l a y s a f e r

-  Know your limits. It's easy to take too much or to mix, especially if you're already high. Keep track of what you've taken, how much and when.
-  Be in the right headspace. Some people use drugs and sex more harmfully if they are feeling upset, angry or low. If you know that using drugs while feeling a certain way means you'll end up out of control, consider alternative ways to feel better.
-  Make decisions sober. Think ahead to the situations you might find yourself in and how you want to handle them. It's much easier to have clear boundaries or limits in mind than to work them out as you go along.
-  Take your essentials. Enough condoms, lube, clean injecting equipment (works) and cash to get home safely. This means you have what you need if it turns into a long session. If you are on HIV treatment, also ensure you have enough meds. [HIV iChart](#) is a useful phone app which explains the interactions of illicit drug use with HIV medications.
-  Think about who you're partying with. Do they want to do similar things to you? It will be easier to stick to your boundaries if you're with other people trying to do the same.
-  Look out for each other. Keep an eye out for others. If you're at a Chemsex party with friends, agree to check in with each other at points throughout the night.
-  Don't share. Don't share needles or any other injecting equipment. Clean equipment can be collected from Pavilions needle exchange or a range of pharmacies across the city which offer a needle exchange service. Don't let other people inject for you – seek advice from the experienced staff at Pavilions needle exchange.
-  Get screened. Regularly get screened for STI's including HIV and Hepatitis C. Chemsex puts you at a higher risk of getting these infections.
-  Don't play too long. Paranoia and hallucinations can be common after 2 days of being awake. They can be scary and possibly dangerous if you lose perspective. If you feel unsafe at any time then head to A&E. The nearest one is at the [Royal Sussex County Hospital](#).

We are here to help:



Drop in:

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[view map](#)

Call Pavilions:

Freephone number **0800 014 9819**
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