

GOING OUT AFTER WORK?

Be mindful of potential risk factors that may increase the chances of drug poisoning within the hospitality industry:

Consuming more than one type of substance at a time
(alcohol counts too!)

Not having eaten a recent and/or sufficient meal
(partying on an empty stomach)

Using alone due to shame or isolation

Increased feelings of stress and/or anxiety

Forgetting or ignoring your bodily needs

A toxic or contaminated drug supply in your area or network

Lack of sleep

Using frequently or multiple days in a row

Dehydration

Unstable and/or fluctuating income

Taking unfamiliar substances
(knowingly or unknowingly)

Stigma and pressure to use in less visible environments

Desensitization to and the normalization of physical/mental discomfort

Symptoms of physical or mental health conditions
(or side effects of treatment)

Lack of stable, comfortable housing

Relying on substances to cope with long, late, or early hours

Fatigue from prolonged exposure to high or low temperatures

YOUR RISK FACTORS DON'T
CLOCK OUT WHEN YOU DO.

Get your substances checked and access free harm reduction resources near you:



goodnightoutvancouver.com/wildresources