



Concerns about a batch of dangerous heroin

In the past ten days, there has been an unusually high number of overdoses reported in Bristol. There have been several deaths, and many more have needed emergency medical care.

We are issuing this alert as we are concerned about a serious risk of death from overdose.

Please follow this advice if you are taking any heroin, even if it looks like your normal supply and is from the same supplier.

How can I keep myself safe?

- Try not to use on your own. If you have to, make arrangements for people to check in on you after.
- Don't use with other drugs that can affect your breathing, like benzos, pregablin and alcohol, as they can greatly increase the risk of overdose.
- Go slow – Start with a small amount even if you have picked up from a reliable source.
- Consider smoking rather than injecting but be aware that you can still go over from smoking.
- Ensure you carry naloxone on you at all times – you could save someone's life.
- Please call an ambulance if you think someone is overdosing - the police won't be called, and you will not get in trouble.
- Consider fast access for opiate substitute prescribing from your GP.

Accessing naloxone – a drug that reverses opioid overdoses

If you use heroin, or are around people who do, you can get naloxone for free from BDP. To get a kit, just visit our Advice Centre at 11 Brunswick Square, BS2 8PE. You do not need an appointment.

If you work with people who are likely to use heroin, please book on to our free naloxone training course or get in touch to discuss your organisation's training needs. To book a spot please visit <https://www.eventbrite.co.uk/e/398821153807>, scan the QR code or call 0117 987 6000.



Contact us

If you are concerned about yourself or someone else, please contact us.

Call **0117 440 0540**

Email **info@bdp.org.uk**

Visit us **11 Brunswick Square,
Bristol,
BS2 8PE**

