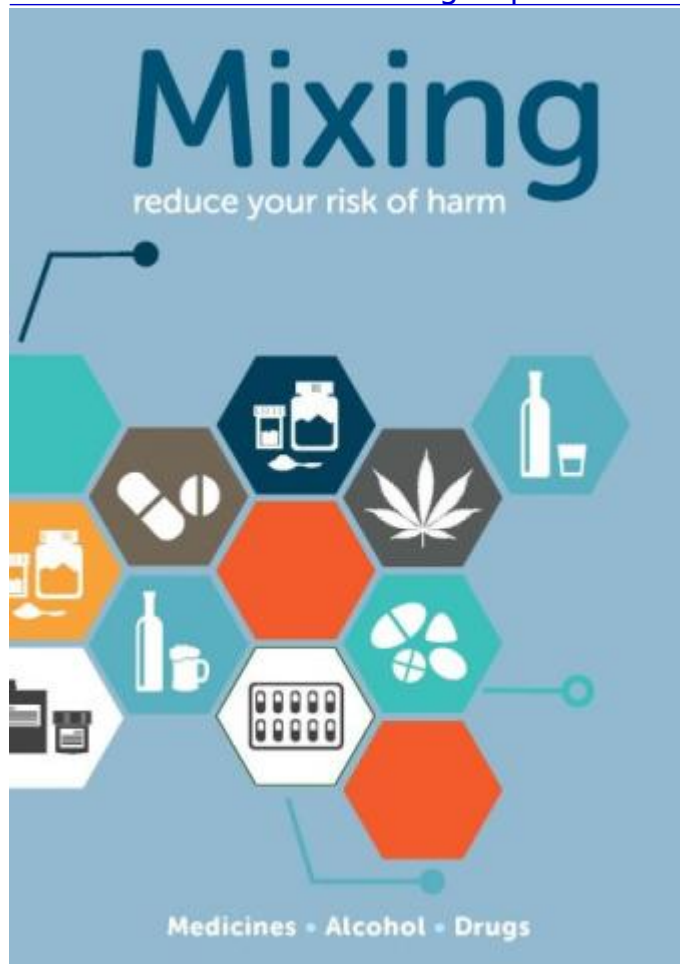


Tuesday, 18 March 2025

[Health and Social Wellbeing Improvement](#)



This leaflet provides information on the risks of taking two or more drugs at the same time. This can include alcohol, over-the-counter medication or prescription drugs, and illegal or illicit drugs. It explains how combining different types of drugs can be unpredictable and dangerous, outlines the specific risks linked to particular combinations, and offers advice on how to reduce your risk of harm. It also signposts sources of help and support for anyone affected by their own or someone else's alcohol or drug use.

Printed copies of the leaflet are available via the DACT Connections services and health improvement/promotion in your local Trust.

Details

Format

8 page A5 leaflet

Target group
General public

Downloads

Attachment	Size
Mixing - reduce your risk of harm	2.67 MB

Tags

- [alcohol](#)
- [drugs](#)
- [prescription drugs](#)
- [illicit](#)
- [overdose](#)

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