

## Drug Overdose

### You are at risk of overdose if you are:

- ◆ Using a drug for first time or haven't used recently
- ◆ Have recently left detox, rehab or prison
- ◆ Suffer from depression.

Mixing opiates with other depressants, such as benzodiazepines or alcohol increases the risk.

### Signs of Overdose

- ◆ Snoring deeply (often mistaken for sleeping)
- ◆ Turning blue
- ◆ Not breathing

Sometimes there are no initial signs at all as the effects can kick-in hours after the initial hit.

### What to do

- ◆ Don't panic
- ◆ Lie them on the floor
- ◆ Put them on their side and tilt their head backward (recovery position)
- ◆ **Call an ambulance on 999 and do not leave them alone unless you have to get help yourself**

### It's very important to:

- ◆ Get reliable information about the risks from B&NES drug services
- ◆ Not mix your drugs
- ◆ Know what to do to if someone else overdoses when you're around
- ◆ If you are alone someone knows where you are and what you are doing.

**Overdose/Naloxone/Alcohol training for service users, their families and professionals is available.**

**Call 01225 329411.**

## Alcohol

### 1 unit of alcohol = 10ml of pure alcohol

That's how much the body can safely get rid of in an hour.

### Drinking guidelines:

- ◆ Alcopops—275ml bottle (5%)  
**1.4 units**
- ◆ Lager—1 pint (4%)  
**2.3 units**
- ◆ Vodka—1 25ml measure (40%)  
**1 unit**
- ◆ Wine - small glass 125ml (12%)  
**1.5 units**
- ◆ Wine— large glass 175ml (12%)  
**2.1 units**

### Daily limits

3 to 4 units for men & 2 to 3 units for women.

### Weekly limits

21 units for men & 14 units for women.

### There are NO safe limits for under 18s

### Hints & Tips for Sensible Drinking:

- ◆ Eat before and while you drink - food makes the body absorb alcohol slower
- ◆ Use soft-drink 'spacers' - change between alcoholic and soft drinks
- ◆ Don't drink every day- have at least two alcohol free days every week
- ◆ Drink strengths vary - why not choose a lower alcohol option?

### What is the legal driving limit?

The legal limit for alcohol in the bloodstream is **80 milligrams per 100ml of blood**, but **there is no recommended amount that you can drink and legally be able to drive.**

The only **safe** advice is:

- ◆ **Never** drink and drive
- ◆ **Limit** alcohol consumption if you're driving the next day.

## Drug and Alcohol Services in Bath and North East Somerset



**For referrals and advice on all Drug and Alcohol Services in B&NES call:**

**01225 329 411**

### **Support Services**

- ◆ Advice and information around drug & alcohol misuse
- ◆ Alcohol support at the Royal United Hospital
- ◆ Carers and family groups
- ◆ Employment, education and training services
- ◆ Housing and benefit advice services
- ◆ Ketamine, Novel Psychoactive Substances and 'Legal Highs' advice & support Groups
- ◆ Mutual aid: AA, NA & SMART
- ◆ Outreach services
- ◆ Social Enterprise schemes
- ◆ Telephone contact and support
- ◆ Training for professionals

### **Treatment Services**

- ◆ Alcohol and Opiate community detoxification
- ◆ Alcohol support within GP surgeries
- ◆ Blood borne virus screening, testing & inoculation
- ◆ Brief Interventions with alcohol users
- ◆ Criminal Justice drug and alcohol services to reduce offending
- ◆ Community and Pharmacy needle exchange
- ◆ Counselling and group work (CBT, MI, DBT and relapse prevention)
- ◆ Prescribing services including Shared Care in GP surgeries
- ◆ Psychology and psychiatry services
- ◆ Rehabilitation service assessments
- ◆ Reducing Substance and Violence Programme (RSVP)
- ◆ Stimulant & benzodiazepine services

### **Useful Information**

#### **For all services:**

The Beehive, Beehive Yard  
Walcot Street, Bath  
BA1 5BD

[info@dhibath.org.uk](mailto:info@dhibath.org.uk)

**Mon–Fri 10am–7pm**

**Sat 10am–1pm**

#### **Helpline**

For clinical support to GPs  
& other professionals:

**01225 359904**

Secure fax for referrals:

**01225 589411**

#### **Project 28**

Drug and Alcohol Services  
for Young People & Young  
Carers

Southgate, Bath, BA1 1TP

**01225 463 344**

[office@dhiproject28.org.uk](mailto:office@dhiproject28.org.uk)

#### **Governance Assurance**

Services are commissioned and monitored by B&NES Health and Well-Being partnership Joint Commissioning Board, the National Treatment Agency and treatment monitoring systems (NDTMS and NATMS). Treatment services are evidence-based (NICE) and linked to regulatory bodies – CQC, BACP.