

# Drugs in the UK seem to be changing lately...

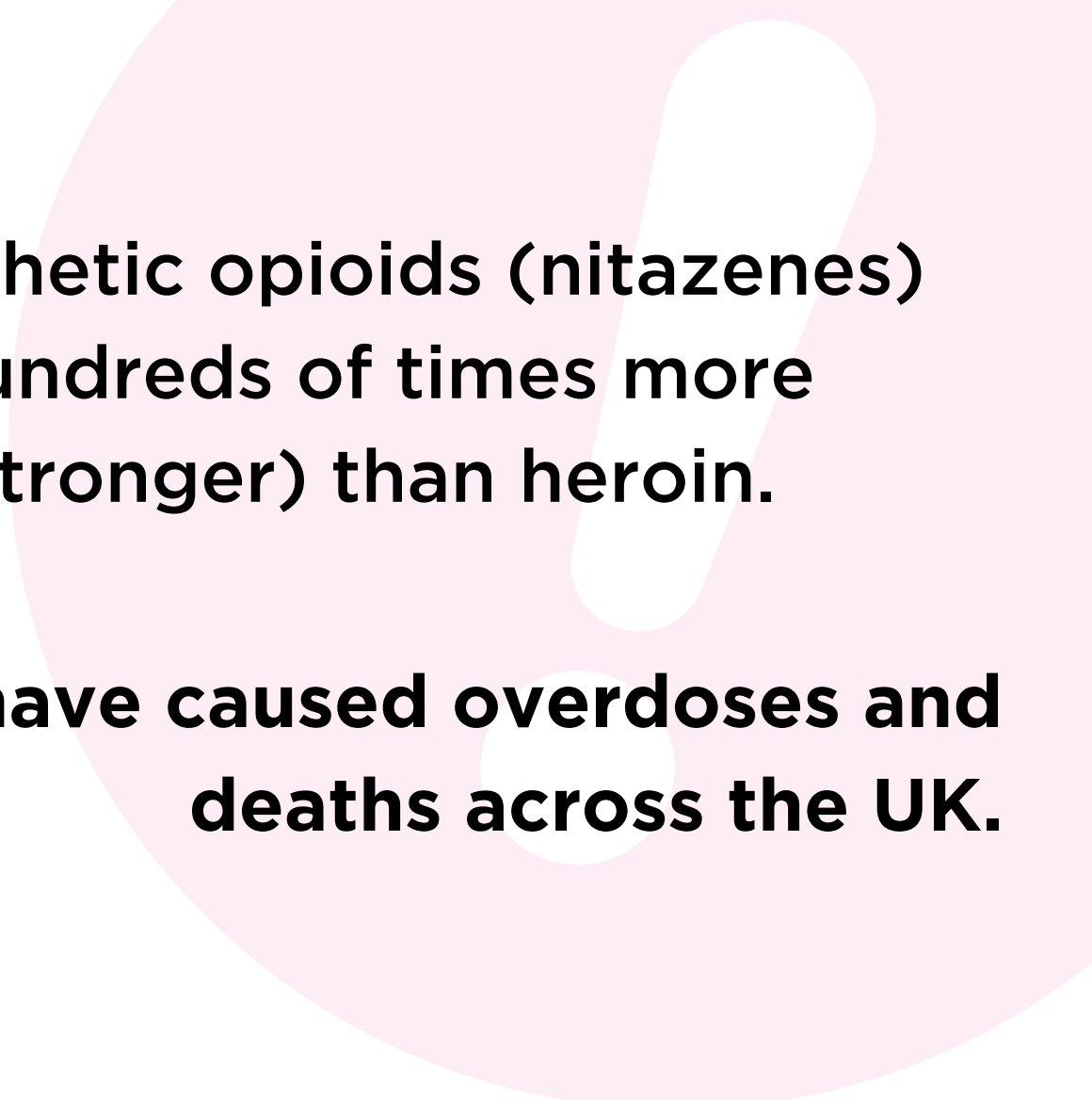
New synthetic opioids (nitazenes)  
have been found across the UK.



Change  
Grow  
Live

Alcohol and Drug  
Behaviour Change  
Service

Norfolk



**New synthetic opioids (nitazenes) can be hundreds of times more potent (stronger) than heroin.**

**They have caused overdoses and deaths across the UK.**

The safest thing to do, is to not take illicit substances. If you would like support with this, contact Change Grow Live Norfolk.

If you are going to take substances, this leaflet can support you in reducing the risk of overdose.

The drugs in the UK seem to be changing lately. These contaminated opioids called nitazenes have been found:

- Mixed with Heroin
- Sold as illicit Oxycodone pills
- Xanax powders
- Pregabalin
- Benzodiazepines

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## Signs someone may have taken synthetic opioids

- Small, narrowed pupils
- Reduced or loss of consciousness
- Dizziness or drowsiness
- Difficulty breathing
- Nausea or vomiting
- Cold or clammy skin
- Blue or grey lips and fingernails
- Low blood pressure or decreased heart rate

Anyone who has consumed synthetic opioids or experienced the symptoms above should seek **urgent medical treatment.**

# Always carry



Naloxone is a drug that **reverses** an opiate **overdose-** it saves lives everyday, including in **Norfolk.**

If you would like free Naloxone kits and training, contact Change Grow Live Norfolk.

**If you encounter someone experiencing overdose symptoms, administer Naloxone immediately and call 999.**

**Reversing an overdose may take more than one Naloxone kit.**

Continue to give Naloxone at 2-3 minute intervals until the patient becomes responsive or emergency services arrive.

# How else can you reduce the risk of an overdose?

Taking any illicit drugs is always risky, but these actions can help to reduce the risk of overdose.

## Avoid using drugs alone

Take turns using with other people so that if someone does overdose, there is somebody there to help you.

## Start with a smaller dose

Start with a smaller dose, it is better to take it slow and stay in control.

## Smoke a test batch

Before you inject, try smoking a test batch first.

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# How to receive help and free Naloxone

Change Grow Live Norfolk is the commissioned adult Alcohol and Drug Behaviour Change Service for Norfolk.

They can provide anyone with free Naloxone, drug and alcohol awareness training, and clean works in their needle exchanges located in each of their hubs. They also offer substitute prescribing and psychosocial interventions for those who would like support with their substance use. There is support available for friends and family too.

# Change Grow Live Norfolk

Drug and Alcohol service for adults living in Norfolk.

**Norwich-** Adobe House, 5 Barton Way, Norwich,  
NR1 1DL

**Great Yarmouth-** 148 King Street, Great Yarmouth,  
NR30 2PA

**Thetford-** Breckland House, St Nicholas Street,  
Thetford, IP24 1BT

**Kings Lynn-** 33 Railway Road, Kings Lynn, PE30  
1NF

 Telephone: 01603 514096

 Email: [norfolk.info@cgl.org.uk](mailto:norfolk.info@cgl.org.uk)

 Website: <https://www.changegrowlive.org/alcohol-drug-behaviour-change-norfolk>

## The Matthew Project/ Unity

Drug and alcohol service for children, young people and their families across Norfolk.

**Address:** 70-80 Oak Street, Norwich, NR3 3AQ

**Advice Line:** 0800 970 4866 (office hours)

**Unity Office:** 01603 216420

**Text:** 07797 800 966 (office hours)

**Email:** [unity@matthewproject.org](mailto:unity@matthewproject.org)

**Website:** [www.matthewproject.org](http://www.matthewproject.org)