



Lincolnshire
Recovery
Partnership

Know Your Ket: A ketamine awareness campaign

Communications toolkit



Who we are

Lincolnshire Recovery Partnership is the county's commissioned drug and alcohol service. We are a partnership between Turning Point, Double Impact and Framework.

One of our key objectives is to reduce drug and alcohol-related harm, alongside providing treatment and recovery support.

We support adults, young people through our dedicated service, Horizon, and affected friends and family via Beacon



The local ketamine landscape

72% of people accessing our support for ketamine use are aged 18 - 30

Ketamine treatment starts have increased 41% in the last 18 months

In a survey of 18 - 30 year olds commissioned in early 2026, undertaken by Social Change:

58% of those surveyed had used ketamine

56% felt people in their age group had lower levels of harm awareness around using ketamine

52% of people who have used ketamine had stopped, 9% hadn't and 26% hadn't tried

Most people said they had used ketamine mainly at parties and festivals

32% had looked into reducing the risks associated with taking ketamine

Only 27% were aware of support services in the area

How we're supporting people who use ketamine

- We have a dedicated ketamine pathway, which ensures faster, comprehensive treatment, in conjunction with Urology teams
- All people who access our support for ketamine use have early health assessments, including a PUF (pelvic pain and urgency/frequency assessment)
- We offer hybrid support for people who may find it difficult to always attend in person
- We host a monthly ketamine peer support group, where people with lived experience can share their stories and meet others in similar circumstances

The Know Your Ket campaign

From 21 September – 2 October, we are running a county-wide campaign to raise awareness of the harms associated with ketamine use, ways to reduce the risks and the local support available

The campaign will include, but is not limited to:

- Posters in our six hubs across the county
- Campaign stands at Freshers/College events
- Social media messaging and advertising
- Additional ketamine awareness webinars
- Local press releases
- The launch of new ketamine leaflets for adults and young people
- Outreach to schools, GPs and other local partners

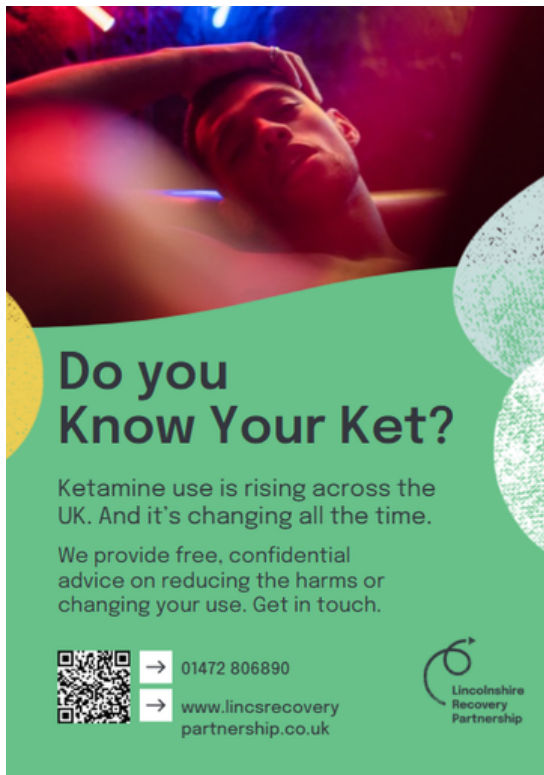
Campaign objectives

Our aim is to raise awareness, not stigmatise or scare people

- **Raise awareness**
Increase local public understanding of rising ketamine use and the associated harms
- **Promote harm reduction advice**
Share accurate, practical advice to reduce the risks
- **Highlight early warning signs**
Educate on the early signs of ketamine bladder symptoms and the impact that ketamine use can have on mental health
- **Strengthen referral pathways**
Encourage signposting to our service for support

Campaign assets

Example posters



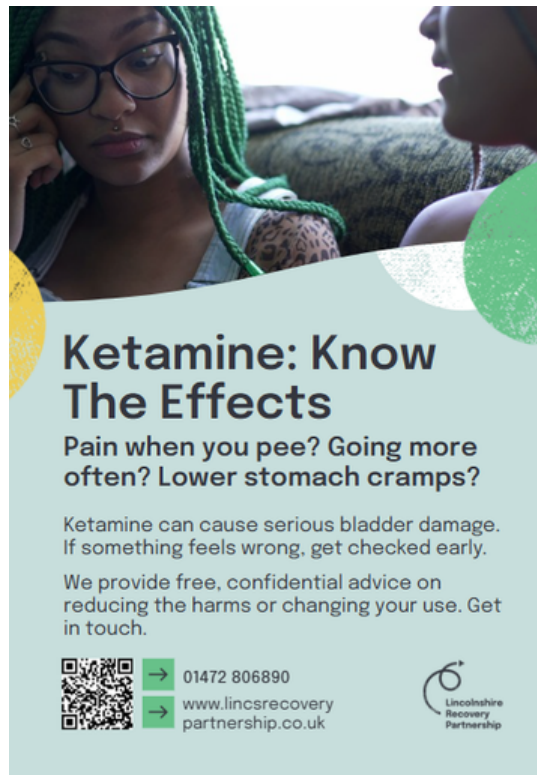
Do you Know Your Ket?

Ketamine use is rising across the UK. And it's changing all the time.

We provide free, confidential advice on reducing the harms or changing your use. Get in touch.

 → 01472 806890
→ www.lincsrecoverypartnership.co.uk

 Lincolnshire Recovery Partnership



Ketamine: Know The Effects

Pain when you pee? Going more often? Lower stomach cramps?

Ketamine can cause serious bladder damage. If something feels wrong, get checked early.

We provide free, confidential advice on reducing the harms or changing your use. Get in touch.

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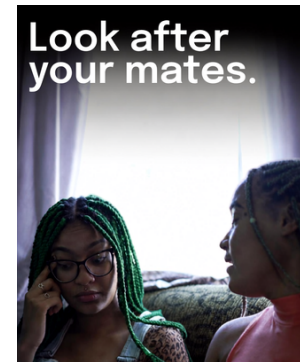
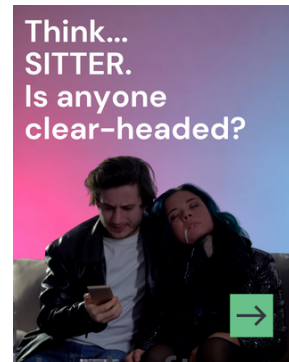
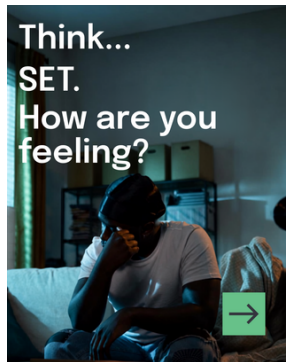
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Campaign assets

Example social media posts



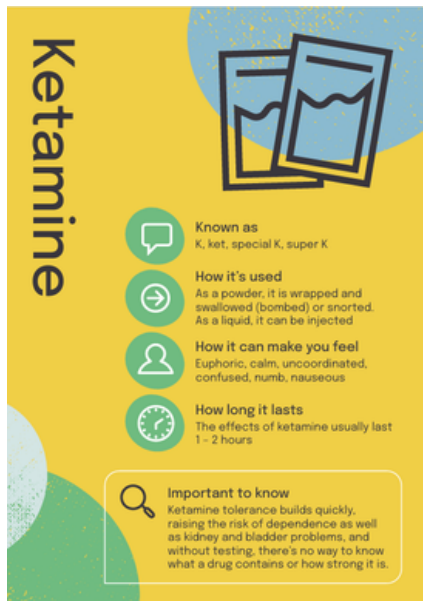
We will also be sharing a series of reels, with advice from our experts and lived experience



Campaign assets

Additional digital resources

Substance information card



Ketamine



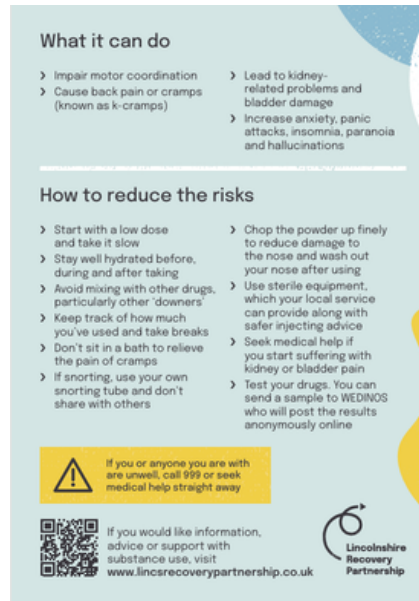
Known as
K, ket, special K, super K

How it's used
As a powder, it is wrapped and swallowed (bombed) or snorted. As a liquid, it can be injected

How it can make you feel
Euphoric, calm, uncoordinated, confused, numb, nauseous

How long it lasts
The effects of ketamine usually last 1 – 2 hours

Important to know
Ketamine tolerance builds quickly, raising the risk of dependence as well as kidney and bladder problems, and without testing, there's no way to know what a drug contains or how strong it is.



What it can do

- › Impair motor coordination
- › Cause back pain or cramps (known as k-cramps)
- › Lead to kidney-related problems and bladder damage
- › Increase anxiety, panic attacks, insomnia, paranoia and hallucinations

How to reduce the risks

- › Start with a low dose and take it slow
- › Stay well hydrated before, during and after taking
- › Avoid mixing with other drugs, particularly other 'downers'
- › Keep track of how much you've used and take breaks
- › Don't sit in a bath to relieve the pain of cramps
- › If snorting, use your own snorting tube and don't share with others
- › Chop the powder up finely to reduce damage to the nose and wash out your nose after using
- › Use sterile equipment, which your local service can provide along with safer injecting advice
- › Seek medical help if you start suffering with kidney or bladder pain
- › Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online

Warning: If you or anyone you are with are unwell, call 999 or seek medical help straight away

QR Code: If you would like information, advice or support with substance use, visit www.lincsrecoverypartnership.co.uk

Lincolnshire Recovery Partnership

Ketamine leaflet



Lincolnshire Recovery Partnership

**Know the risks:
Ketamine**



Lincolnshire Recovery Partnership



HORIZON

KETAMINE
It's okay to talk about it.



Lincolnshire Recovery Partnership

Online ketamine workshops

Tuesday 29 September | 3pm

Join us for a 1 hour online workshop about ketamine, specifically exploring the impact on women and girls.

Ketamine Awareness

Friday 2 October | 2pm

A bitesize session exploring what Ketamine is, how it's taken, the short and long-term effects and the available support pathways.

Women and Girls: Ketamine Awareness

Available
to book
now!

How you can get involved

As a key organisation that supports, engages with or represents the audiences we're targeting throughout the campaign, we're asking for your support to further share the messaging

- Display the Know Your Ket posters in high-visibility areas
- Share our social media posts, or promote on your own channels
- Attend one of our bitesize ketamine workshops to increase your knowledge about ketamine
- Let us know if we can supply you with printed ketamine leaflets, information cards or printed posters
- Share our website landing page: lincs.click/lrp-know-your-ket
- Encourage anyone who speaks to you about ketamine use to contact Lincolnshire Recovery Partnership for advice or support



**Lincolnshire
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For more information about Lincolnshire Recovery Partnership



www.lincsrecoverypartnership.co.uk



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