

ABOUT US

We here to listen, not to judge. This means you can be honest with us about your ketamine use.

We can give you ways to be safer if you choose to use and, if you want it, help you build a support plan that works for you.

NO JUDGEMENT

Whatever your reasons are for using ketamine, we're not here to judge. We just want to help.

READY TO CHAT?

You can reach us however is easiest for you:

HUBS

Lincoln

Boston

Gainsborough

Skegness

Spalding

Grantham

<https://www.turning-point.co.uk/know-your-ket-lincs>

08003 047021

lincsyp.info@lincshorizon.co.uk



Lincolnshire
Recovery
Partnership



HORIZON

KETAMINE

It's okay to talk about it.



WHAT IS KETAMINE?



KNOWN AS

You might hear it called K, ket, special K or super K



HOW IT'S USED

It's usually a powder, that is wrapped and swallowed (bombed) or snorted. Sometimes it's made into a liquid and injected.



HOW IT CAN MAKE YOU FEEL

Euphoric, calm, clumsy, confused, numb or sick



HOW LONG IT LASTS

Usually last 1 – 2 hours, but can affect people differently

HOW WE CAN HELP

Thinking about cutting down or stopping using ketamine? That's a big step and we know it's not always easy. Just know there's no pressure and no judgement here.

With us, you'll always have a your own keyworker to talk to about anything you're going through and they'll meet you wherever you feel most comfortable.

They'll also help create a support plan around you and your goals and give you tips on staying safe if you do decide to keep using.

HOW TO STAY SAFE

Here are some quick tips to help you stay safer if you do decide to keep using:



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



Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online (www.wedinos.org)