



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.



0800 304 7021



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



North East
Lincolnshire
Recovery
Partnership