



Taking Ketamine? Think Set, Setting, Sitter

Set: How are you feeling?

Setting: Is it safe?

Sitter: Is someone staying clear-headed?

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
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