

DRUG & ALCOHOL AWARENESS

WHAT TO DO IN AN EMERGENCY SITUATION



HSE CONFIDENTIAL FREEPHONE HELPLINE - 1800 459 459
MONDAY TO FRIDAY BETWEEN 9:30AM AND 5:30PM
EMAIL AT ANY TIME HELPLINE@HSE.IE

EMERGENCY SERVICES & GARDAI – DIAL 112 OR 999 CHILDLINE – TEXT: 50101 PHONE: 1800 666 666
24/7 SUICIDE HELPLINE: 1800 247 247 OR TEXT 'HELP' TO 51444



HOW TO IDENTIFY IF SOMEONE HAS CONSUMED TOO MUCH ALCOHOL

Vomiting, Confusion, Slurred speech, Loss of coordination, Aggressive behaviour or Emotional behaviour, Passing out and / or being unconscious

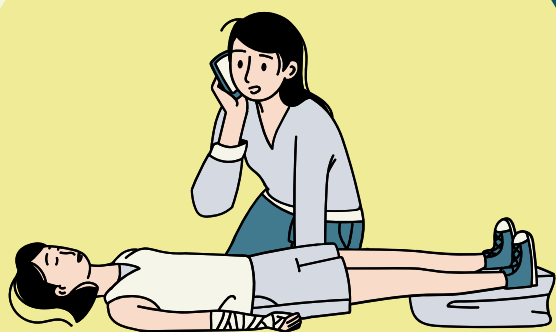
HOW TO IDENTIFY IF SOMEONE IS EXPERIENCING AN OVERDOSE

Difficulty breathing, Overheated and dehydrated, Anxious, tense, and panicky, Blue lips and fingertips, Passing out and being unconscious



WHAT TO DO IF A FRIEND HAS CONSUMED TOO MUCH ALCOHOL OR DRUGS

Remain calm. Stay with them. Reassure them and If possible, find out what they have consumed. Remove them from any Immediate danger. Seek help, **don't be afraid to get help!**



WHAT TO DO IN AN EMERGENCY IF YOUR FRIEND IS UNRESPONSIVE AND UNCONSCIOUS

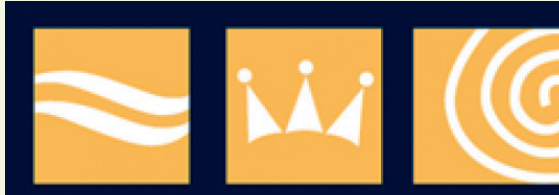
Call the Emergency Services Immediately!

Remain Calm and Stay with your friend. If they are breathing and you know how, put them into the recovery position. If they are not breathing and you know how, give them CPR

You won't get in trouble for calling them



Add this poster to your phone



comhairle chontae na mí
meath county council