



MEPHEDRONE GINA CRYSTAL METH G
POPPERS COKE M-CAT TINA
GBL/GHB VIAGRA MDMA ICE
GMTV KETAMINE M KATY 420
GONORRHOEA CHLAMYDIA
SHIGELLA SYPHILIS LGV
HEPATITIS HERPES HIV

BIG WEEKEND? BLUE MONDAY?

How do you feel about your drug use?

We're here to help – no judgement or lectures.

FRIDAY/MONDAY

www.tht.org.uk/frimondrugs



SEX AND MEPHEDRONE (Meow, M-cat or M)

Mixing mephedrone with other drugs can seriously reduce your inhibitions, leading you to take sexual risks that you normally wouldn't. This can lead to sexually transmitted infections and HIV being passed on. The effects wear off quite quickly so it's easy to become dependent on mephedrone. For more information visit: www.tht.org.uk/drugmeph

BIG WEEKEND AHEAD?

STAY FOCUSED ON YOUR SEXUAL HEALTH

- Ensure you have condoms and water-based lube. Regularly check the condom remains intact and put a fresh one on every half hour.
- A person with HIV who is taking treatment and has an undetectable viral load cannot pass on HIV.
- Pre-exposure prophylaxis (PrEP) significantly reduces the chances of becoming HIV positive. PrEP is a course of HIV drugs taken by an HIV negative person to lower the chance of infection.
- Post-exposure prophylaxis (PEP) can stop HIV infection after sex without a condom with

someone who is infectious. PEP is a month-long course of HIV medication taken by an HIV negative person after exposure to reduce the chance of getting HIV. To find out the latest information about PEP and PrEP visit www.tht.org.uk/pep

HOW WE CAN HELP

- We offer free and confidential rapid HIV and syphilis testing and can also test for chlamydia and gonorrhoea. For more information visit www.tht.org.uk/brightontesting
- We offer face-to-face support around mixing sex with drugs. Please contact freshstart@tht.org.uk, or call 01273 764 200.
- Visit www.tht.org.uk/frimondrugs for further information, access to an online support group and online counselling.

Terrence Higgins Trust,
61 Ship Street, Brighton, BN1 1AE

THT DIRECT  0808 802 1221



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