

Some things to remember to keep you safe over the festive period

- Have Naloxone available if you are using opiates and show it to people you are with, so they know where it is and how to use it.
- Do not use drugs alone, as there will be no one to help you if you overdose. Think about getting someone to check on you to make sure you are OK.
- If you are injecting drugs, test the strength first or smoke instead.
- If you do inject drugs, make sure you have enough equipment to last you over the holidays. Always take more equipment than you think you will need from the needle exchange. Never share injecting equipment, to protect yourself from hepatitis or HIV.
- Be careful mixing drugs: most overdoses include opiates mixed with alcohol or sleeping tablets. Be aware that all these drugs will make you feel sleepy, will slow down your breathing and will increase the chance of you stopping breathing completely.
- Be aware that there are a lot of fake sleeping tablets circulating and many deaths have occurred as a result of people taking sleeping tablets. You don't have to inject drugs to experience overdose.
- If you haven't used drugs for a few days, your tolerance will have reduced. Use smaller amounts and see how you feel first before using more.
- Remember that if you are feeling poorly with flu or a chest infection there is more chance of you stopping breathing, so use smaller amounts, or delay using until you feel better.
- If you have health problems and/or if you are in an older age group, be careful with how much you use- your body might not be able to handle the same amount and you can more easily overdose.

CHECKLIST
DO YOU
KNOW

- ☐ Your local pharmacy opening times?
- ☐ Achieve opening times and phone no?
- ☐ Who you are spending Christmas with?
- ☐ If you have got enough equipment?
- ☐ If others know where your naloxone is?



Achieve

Christmas Advice 2024



Greater Manchester
Mental Health
NHS Foundation Trust

Christmas and New Year Opening Times

During the Christmas break, the Achieve phone lines will be open to support you with prescriptions and other queries.
The service will be closed on 25/26 Dec and 1 Jan.

Bolton	01204 483 090	Bury	0161 271 0020
Salford	0161 358 1530	Trafford	0161 938 4514

In an emergency, always dial 999



Pharmacy Collections



This year, there are Bank Holidays on 25/26 December and 1 January.
Contact your usual pharmacy now to find out if there are any changes to opening days/times that may affect your collections.

Warm places and company

If you are struggling to heat your home, there are places you can go for a warm welcome and some friendly company.

To find warm places in Bolton

<https://www.boltonathome.org.uk/warm-spaces>

No web access? Visit any UCAN Centre for advice.



To find warm places in Bury

<https://theburydirectory.co.uk/warm-spaces-bury>

No web access? Visit Bury Library for advice.



To find warm places in Salford

<https://www.salford.gov.uk/gateways>

No web access? Visit Pendleton Gateway for advice.



To find warm places in Trafford

<https://www.traffordhubs.org>

No web access? Visit Stretford Public Hall for advice.



Foodbanks near you

Ask at Achieve to get food bank lists for Bolton, Bury, Salford and Trafford.

You can also use the following link to access a dynamic list of food banks and pantries all across Greater Manchester.

Greater Manchester Food Banks and Pantries

<https://bit.ly/FoodBanksGM>



You can also call for free to talk confidentially to a trained Citizens Advice adviser on **0808 208 2138** (Mon-Fri 9am-5pm. Closed on Bank Holidays), or visit a warm hub listed above for advice about food parcels.

Mental health crisis helplines

People are always available to talk if you are struggling with your mental health. You can use the helplines below for mental health crisis support.

If you or someone else is in danger, call 999 or go to A&E.

GMMH 24/7 Helpline Call 0800 953 0285

Samaritans Call 116 123

Shout Crisis Text Line Text SHOUT to 85258

Get online mental health support at **www.Qwell.io**



National domestic abuse helpline

Call 0808 2000 247

Harm Reduction - WEDINOS

WEDINOS - Find out what is in YOUR drugs by using the FREE, ANONYMOUS postal testing service from WEDINOS. Go to the website for more details <https://www.wedinos.org>



Harm Reduction - Cranstoun Buddy Up

Buddy Up is a digital offer from **Cranstoun**. People who are using drugs alone can download the app and be connected to a Cranstoun volunteer, with whom they can build a rescue plan in the event of an emergency. [BuddyUp - Cranstoun](#)



Street Support Manchester

The **Street Support** website is an online hub to find out about homelessness and see what support is available. The website features a range of links to advice, support and help.

<https://streetsupport.net/manchester/>

