

# DO YOU USE CRACK?

**It is always  
safest not  
to take  
drugs**



**If you decide  
to use crack  
remember:**

- 1** Avoid using homemade crack pipes and don't share your pipe
- 2** Avoid smoking the full rock
- 3** If injecting, start low and go slow to avoid overdose
- 4** If you feel low after using, seek professional help
- 5** If you or a friend feel suicidal immediately go to a hospital or call 112

**For information and support on drugs and alcohol visit:  
Drugs.ie or call the HSE Drugs and Alcohol Helpline on 1800 459 459  
Monday to Friday 9:30 am - 5:30 pm**