

**It's hard to swallow but...
pills & heroin**

KILL



**If you've had
pills in the last couple of days**

halve your hit

- Pills reach peak levels in your body in 1 to 4 hours, but stay in your system much longer, well past when you can feel their effects or even remember taking them.**
- Think of what you took yesterday as well as today**
 - Having a whack with pills in your system can kill.**

**Look after your mates.
Call an ambulance '000'
and save a life**



DirectLine
1800 888 236 24 HOURS
7 DAYS
CONFIDENTIAL ALCOHOL AND DRUG COUNSELLING AND REFERRAL LINE