



If you suspect an overdose has taken place call 999 and request an ambulance immediately.

Signs of an overdose

- **Shallow or difficult breathing**
- **Pinpoint pupils**
- **Blue-ish colour to lips**
- **Unconsciousness**

Forward Leeds can issue take-home Naloxone kits for those in need - please contact our helpline for further information.

Forward Leeds offer a range of free, confidential and non judgemental services for individuals and their families whose lives are affected by drugs and/or alcohol.

Advice, Treatment & Recovery support for everyone

**For help & support call
0113 887 2477**