

# Take Ket?

## Let's Chat!

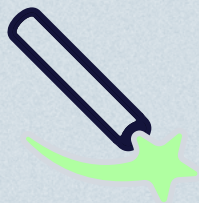
Practical harm reduction strategies for people who take ketamine from people who know. We do not condone or condemn drug-taking.



What is in your ketamine?  
Check your drugs where possible, using [Wedinos.org](https://www.wedinos.org) or a reagent test.



#1key2key3key...FLOOR!  
Remember, all those little bumps add up!  
Start low, go slow.



Use your own clean equipment to avoid rave-flu + other nasties.



Best not to mix ket with other drugs, including alcohol. If you do, avoid mixing it all up in one dose.



Sesh-proof where you are before you start eg. avoid open water + shut any windows!



K-cramps? Waterworks gone weird? Try reducing your ket use + get medical help to prevent further damage.



Call 999 in an emergency + be honest about what you or your friend has taken.



You can become dependent on ketamine + build tolerance. Try your GP or seek help from drug services if that happens to you or a friend. Access free + anonymous services including [With You](#), [Change Grow Live](#), [Bristol Drug Project](#) + [Turning Point](#) across the UK, or [Crew.scot](#) in Scotland.

Find out about our research [here](#):



Find out more about Crew [here](#):

