



JUST NEED TO BLOCK
OUT THE THOUGHTS...
JUST NEED TO BE
NUMB...

Ever wondered why you can't cope without drugs?

The majority of drug users have depression, anxiety or dark thoughts.
You can get help with all of them.

Call (harm reduction number)

Flyer by the Dual Diagnosis Expert Reference Group, with thanks to Michael Linnell at Lifeline for the image
www.dual-diagnosis.org.uk



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