



**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 0113 242 1161**

Flyer by the Dual Diagnosis Expert Reference Group, with special thanks to Michael Linnell at Lifeline for the image

[www.dual-diagnosis.org.uk](http://www.dual-diagnosis.org.uk)

