



LGBT FOUNDATION

CHEMSAFE: SLAMMING

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Further Support Page

The Reach

Provides in-person support for chemsex: www.gmpash.org.uk

George House Trust

Support for people living with HIV: www.ght.org.uk

Terrence Higgins Trust

Providing information about HIV and testing: www.tht.org.uk

Narcotics Anonymous

12 step programme for support on narcotics: www.ukna.org

The Northern

Sexual Health testing for Manchester: www.thenorthernsexualhealth.co.uk

Friday/Monday

Online resource on drugs and sex: www.fridaymonday.org.uk

Controlling Chemsex

Online support and info on chemsex: www.controllingchemsex.com

Chemsafe.Space

Digital resource for chemsex services in GM: www.chemsafe.space

St. Mary's

Sexual assault referral centre: www.stmaryscentre.org

Change Grow Live

Services supporting drug and alcohol use: www.changegrowlive.org

Introduction

LGBT Foundation, BHA for Equality and George House Trust work together in the Passionate about Sexual Health (PaSH) partnership to promote safer sex and support people living with or at risk of contracting HIV. Our goal is to stop HIV transmission in Greater Manchester. This resource offers information to help people involved in chemsex stay safe and cut down or stop using substances.

Chemsex Definition

"Chemsex" is the use of drugs to 'intensify' sexual experiences, usually organised through apps. These sessions can sometimes last for days and involve several people. While chemsex is often associated with cisgender gay and bisexual men, people of any identity and background can engage in chemsex. Some risks include mental health issues, sexual health problems, addiction, and harm to relationships.

GHB

'G' can refer to GHB (Gamma-hydroxybutyrate) or GBL (Gamma-butyrolactone). GHB is a clear, odourless, and tasteless liquid, whereas GBL is a liquid with a strong chemical taste and smell. GBL is converted into GHB in the body but both are available for purchase and are often advertised as a cleaning chemical or paint stripper.

G is a depressant and can make you feel more relaxed. It also opens up muscles which are often used in chemsex to help different types of sex, such as fisting. It is often taken in liquid form, measured in a pipette, and drunk by mixing it into a soft drink. It has been reportedly added to lube, sometimes without people's knowledge. Occasionally, you might see it in a powder form.

G is a substance that people build a tolerance to and so they quickly require more and more to reach the same effect. People may also develop a dependence on this drug. This means that if they suddenly stop using it they will experience withdrawal effects which will be unpleasant, dangerous and in some cases fatal. Symptoms include agitation, seizures, and hallucinations. When a physical dependence has developed and people are using G daily they may require a medical detox and supervision to be able to stop using safely.

[Here are some in-depth safety tips to help you take G more safely and avoid overdosing or fatalities.](#)



Mephedrone

Mephedrone, or 'Mcat', is a powerful stimulant and usually comes in powder form (white/off-white/yellow) or small crystals, and sometimes in pill form. Mephedrone is often taken to feel high, horny, talkative, confident, alert and euphoric. However, it also comes with the risks of heart attacks, strokes, a sore mouth, damage to your teeth & tongue and paranoia. Mcat is often taken alongside other drugs and can be unpredictable when mixed with other substances (including alcohol).

It can be snorted, 'booty bumped' (taken anally with a syringe) or slammed. People may inject it for a stronger 'hit', but this brings a lot of other risks associated with injecting including bruising, overdosing and transmission of STIs and HIV. The effects of Mephedrone do not last very long, which may lead you to use more and more in one session and make it difficult to stop.

Here are some in-depth safety tips to help you take Mephedrone more safely and avoid overdosing or fatalities.

Crystal Meth

Crystal Meth, or 'T' or 'Tina', is a powerful stimulant drug which releases a lot of the brain's "feel good" chemicals. It can be smoked in a pipe, snorted, booty bumped, and also slammed for a quicker, more intense hit.

Many people use crystal meth to engage in sex for hours, or days, at a time. This is because it makes you horny, energised, keeps you awake, confident and lowers your inhibitions. However, it can also cause exhaustion, paranoia, low mood, stomach problems from suppressing your appetite, and increased blood pressure which can lead to a higher risk of heart attacks or strokes.

Crystal Meth can be found in Greater Manchester in many different forms with different names claiming differences in strengths and varying in price. This makes it difficult to know how you will respond especially if it is mixed with something different.

Whilst the risk of physical dependence or addiction to crystal meth is minimal, psychological addiction is possible. As with other chemsex drugs, people often report that they find themselves not being able to have sex without it or function in daily life. Additionally, whilst it can make you feel horny, it can also prevent you from keeping or getting an erection during a chemsex session. People talk about the "come down" from crystal meth being particularly difficult depending on how much you use.

Here are some in-depth safety tips to help you take G more safely and avoid overdosing or fatalities.



Hi. I'm good ta. How's you?

Want to know if they read your message?

What you

think

up

1 2 3 4 5 6 7 8
q w e r t y u i
a s d f g h j
z x c v b n m

English (UK)

Other drugs

While these three drugs are the most common in chemsex, other may be used depending on location and availability, such as:

- Alcohol
- Steroids
- Ketamine
- Speed

- Legal Highs
- Poppers
- Cocaine
- Sleeping pills
- Tranquillisers
- MDMA (Ecstasy)

- Acid
- Heroin
- Viagra

Safer Slamming

Slamming can also mean sharing equipment such as needles, syringes, swabs and water. Unfortunately, this is also an efficient way of spreading infections like HIV. The additional danger is that even if you share and clean equipment, there may still be blood on equipment that is too small to see.

Whilst some people may enjoy slamming substances, it is one of the most dangerous ways of taking drugs compared to snorting or smoking a drug. Some of those risks include:

- Overdosing
- Picking up infections like HIV or Hepatitis C
- Blood poisoning
- Collapsed veins
- Abscesses
- Blood clots
- Deep vein thrombosis
- Developed dependency on the 'ritual' of slamming

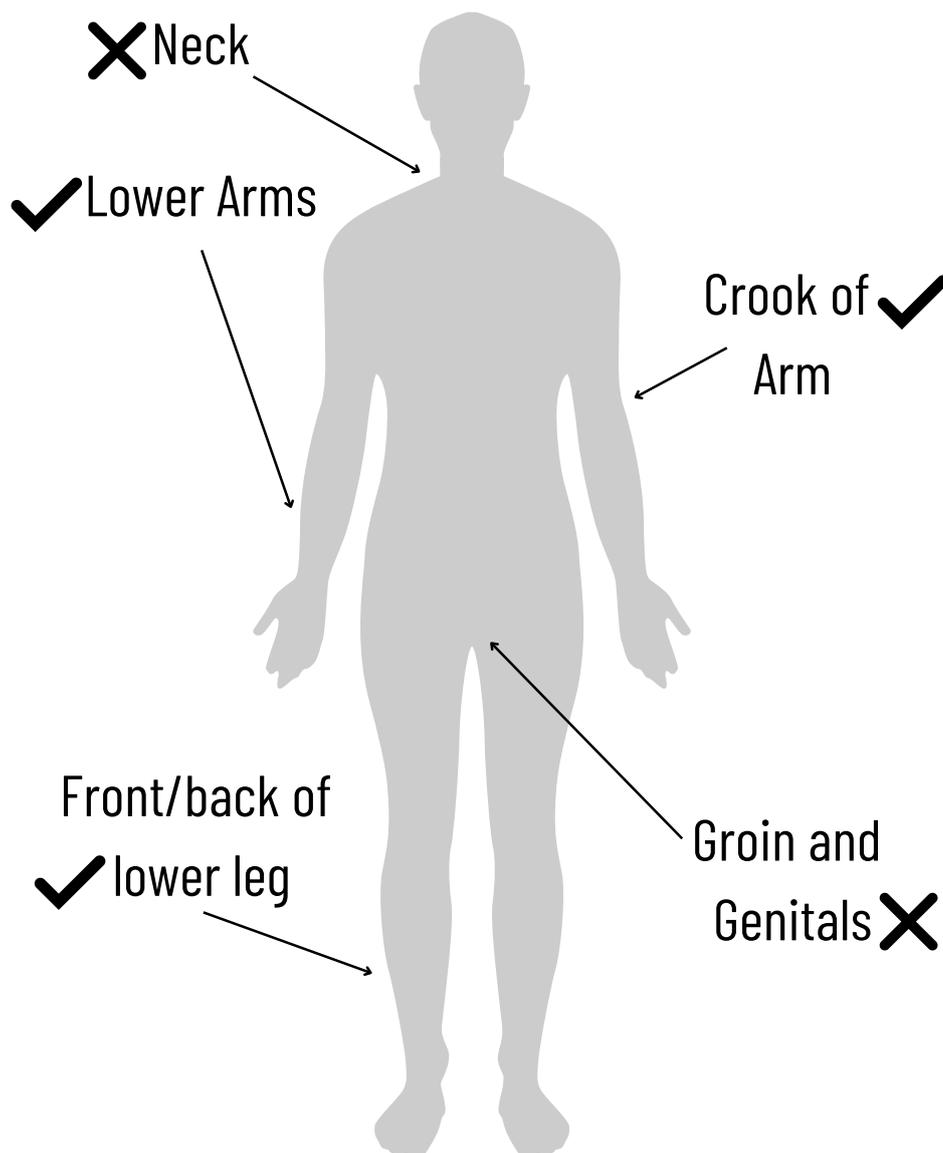
Please see below for some tips on how to slam safer if you choose to do so:

- Learn the difference between arteries and veins as injecting into an artery can be fatal. If you inject an artery, it will hurt and spurt blood, so remove the needle and apply pressure. Seek medical help if bleeding continues after 5 minutes
- Use a new needle if you can't find a vein as this will reduce the chance of collapsing your veins
- Avoid injecting into your hand and below the waist, as the veins are too small or can cause circulation damage
- Avoid sharing slamming equipment, including cleaning equipment and gloves
- You can colour code needles and supplies of substances, so people don't accidentally share the same equipment.
- Make sure to clean the injection site as thoroughly as possible, preferably with a surgical swab
- Try to inject in a safe, quiet and disinfected area with all your equipment close to hand, including a disposal bin for your sharps
- For mixing substances for injection, make sure all materials used are properly cleaned, prepared and filtered to avoid injecting air bubbles
- Use tourniquets or some material you can tightly tie around your arm like a clean sock or t-shirt, to help pump up your veins for injecting, but not too tightly that your arm goes numb
- When injecting, make sure the needle goes in at a 45-degree angle with the hole facing upwards
- Ensure you loosen the tourniquet before you start injecting
- If you inject and you see no blood or there is pain when you inject, you have not injected into a vein and will need to start again

- When finished injecting, clean the area, throw any used equipment away safely and return unused items to a safe place.
- For more in-depth information on safer injecting practices, see the Men R Us website.

Injection Map

It is easy to cause damage to veins when slamming, so always use short, thin needles to inject. Needles designed for insulin injections are the most appropriate for slamming. Avoid using larger, intra-muscular 2ml needles that the standard pharmacy offers, as this can lead to harm. When slamming, start off with small doses. For example, with G, start with a smaller dose of 0.5ml – 1ml as it's always better to take less than more.





Safer Chemsex

- Use condoms for sexual contact (including sex toys) and gloves for fisting to stay safer
- Don't use or overuse recreational drugs
- Don't share equipment, including injecting, lube and toys
- Always clean equipment between use and use a new condom for a new hole
- If having rough sex, stop if you see blood
- Don't brush your teeth before oral sex to avoid micro-tears in your gums
- Use PrEP if you are eligible to protect from HIV, and access PEP if you need to
- Get a full screening sexual health test regularly
- Keep douching heads and douche kits clean and avoid sharing them
- Try to use one substance at a time to reduce the risks of overdosing or fatality
- Try to maintain a work-play-life balance to avoid too much dependency on chemsex for pleasure

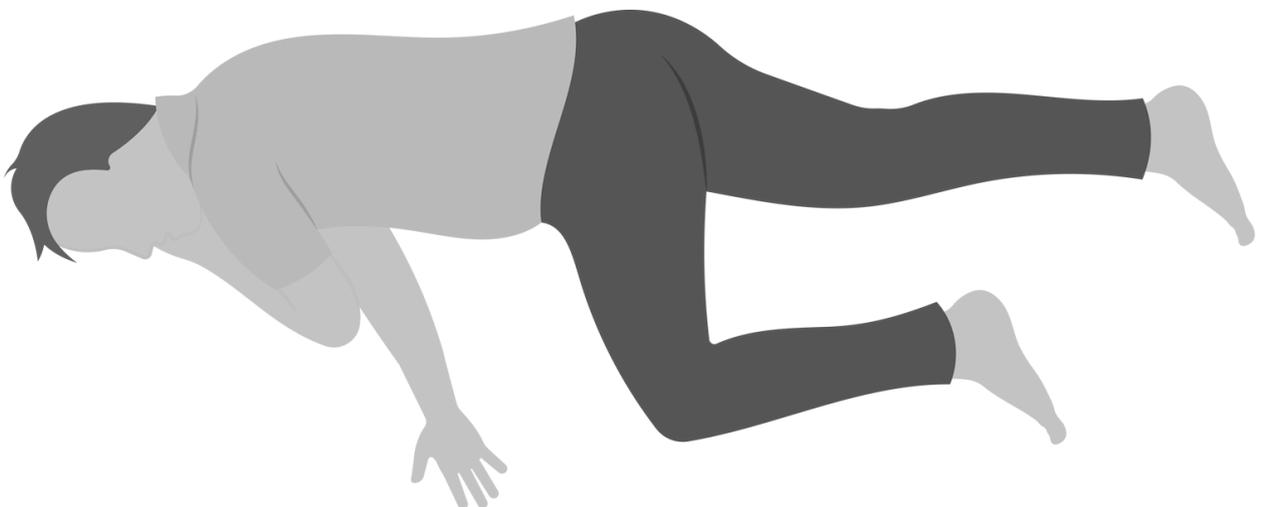
Drug Interactions

You can also use [this handy drug interaction checker](#) that can be used to help assess the safety of combining different substances if you choose to do so. It can also be checked with medication like SSRIs that are used to treat anxiety and depression. This information is advisory only and the best way to reduce risk is to use only one substance or none. You can also use [this website](#) to check the interaction of substances with HIV treatment medication if you are living with HIV.

Overdosing Advice

If someone passes out or 'goes under' on G (or anything else), you need to know how to respond quickly to ensure nothing worse happens to the person who has passed out. Please take the following steps, and have someone call the ambulance whilst you do this:

- Have the person lying on their back and kneel on the floor at their side
- Extend the nearest arm to you at a right angle to their body and their palm should be facing upwards
- Take the other arm and fold it back so their hand rests on the cheek that is closest to you and hold it in its place
- Use your other hand to bend the farthest knee away from you at a right angle
- Roll the person carefully towards you and onto their side
- Their arm that is bent should support their head and the extended arm should be spread out preventing them from rolling onto their stomach
- Make sure their bent leg is at a right angle
- Open their airways by tilting their head back and lifting the chin
- Stay with the person and monitor their breathing and pulse until help arrives
- Tell the ambulance what they have taken and how much if you know as this will help the first responders treat them





**WE EMPOWER
LGBTQ+ PEOPLE TO
REALISE THEIR
FULL POTENTIAL
EVERYDAY**

LGBT Foundation offers inclusive sexual health services for the LGBTQ+ community. We offer free rapid HIV testing, STI screening, condom and lube distribution, sexual health advice, and information on PrEP and PEP

Contact us at 0345 3 30 30 30 or email sexualhealth@lgbt.foundation