

## THC and Spice: Keeping safe

You can't be sure what's in a vape so you won't know its effects until it's in your body.

If a vape has spice in it, having too much could give you a **seizure** or (in extreme cases) a **heart attack**.

**Do you know how to keep yourself safe if something goes wrong?**

The safest thing is to not use at all, but if you are using:



Try to avoid using alone



Start with one puff and don't have lots at once



Use in safe places - not high up, not near open water

### **In an emergency...**



Call 999: ambulance workers aren't there to get you in trouble



- ? Is vaping causing you problems with sleep, appetite or health?
- ? Do you vape every day?
- ? Do you vape at night or in the morning?
- ? Is vaping costing you more than you want it to?
- ? Is vaping getting you in trouble at school or at home?
- ? Do you ever feel like you can't go without vaping?



**If you answer yes to any of these questions about THC / spice vaping, you might find it helpful to talk to us.**

SPACE is a confidential service where you can talk about your vaping.

**We know it can be hard to**

**ask for help.** We won't tell you what to do - we'll give you information and help you make choices.

Call or text us, or show this leaflet to an adult you trust.

  **07483 367805**

 **01226 779066**