
KET
TO THE
POINT
GAME
OVER
01226 779066

LET'S BEGIN...

The aim of this workbook is to provide accurate information about ketamine, its effects, the risks associated with its use, and the dangers of mixing it with other substances. It also includes ways to help reduce some of the risks linked to ketamine use.

This workbook is designed for young people under the age of 18. If you are under 16, it should be completed with the support and guidance of a trusted adult or professional. If you are using ketamine, there are activities and questions to help you think about your own ketamine use.

These sections are designed to help you understand your experiences, identify any concerns, and consider whether there are any changes you would like to make.

Throughout this workbook, you'll find extracts based on the real lived experiences of adults who have used ketamine.

They have shared their stories to help young people understand the impact ketamine can have on a person's life and to support informed decision-making.

REAL STORIES REAL CONSEQUENCES

MAKE YOUR DECISION NOW

YOU ARE OFFERED KETAMINE AT A PARTY AND AGREE TO TRY IT. PICK A PATHWAY A, B, C OR D AND FOLLOW YOUR PICK TO FIND OUT HOW THIS TURNS OUT FOR YOU.



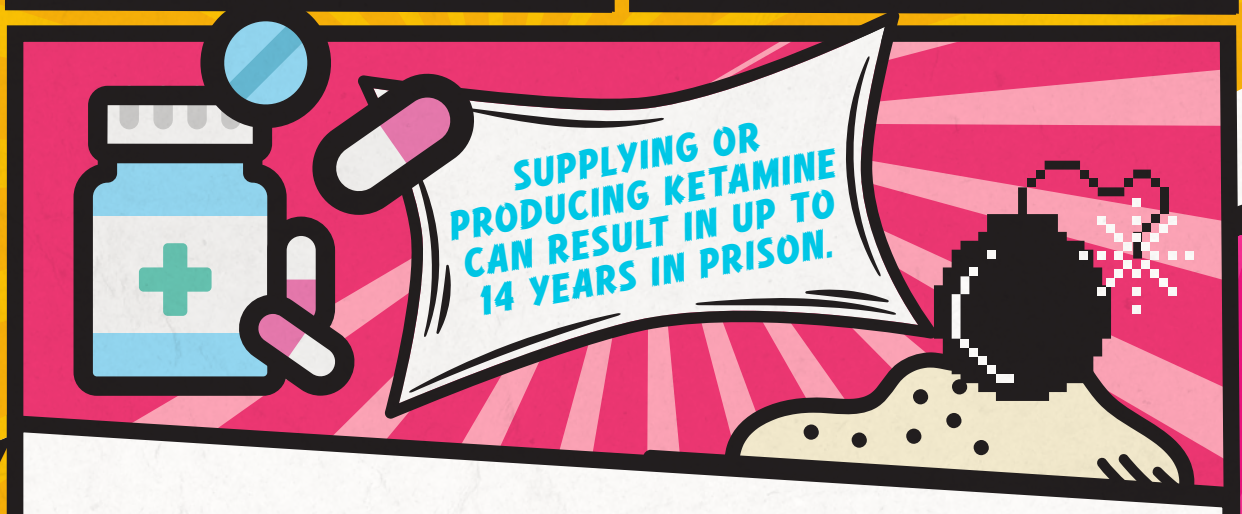
SO, WHAT IS KETAMINE?



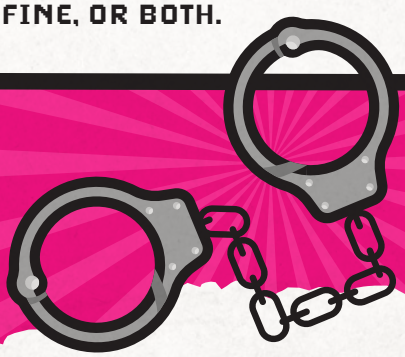
KETAMINE IS A WHITE OR LIGHT BROWN GRAINY POWDER. IT IS USUALLY SNORTED. IT CAN BE INJECTED OR BOMBED (SWALLOWED IN CIG PAPER).



IT IS A DISSOCIATIVE DRUG, WHICH MEANS IT CAN MAKE YOU FEEL DETACHED FROM YOUR BODY OR CHANGE THE WAY YOU EXPERIENCE SOUNDS, SIGHTS OR TIME.



KETAMINE CAN BE USED IN SOME MEDICAL TREATMENT. THIS CAN MAKE PEOPLE THINK IT IS SAFE TO USE, BUT MEDICAL KETAMINE USE IS NOT THE SAME AS THE KETAMINE AVAILABLE TO BUY ON THE STREET. IT IS A CLASS B DRUG UNDER THE MISUSE OF DRUGS ACT 1971. THIS MEANS THAT BEING IN POSSESSION OF KETAMINE PUTS YOU AT RISK OF UP TO 5 YEARS IN PRISON, AN UNLIMITED FINE, OR BOTH.



DID YOU KNOW...

SUPPLY DOESN'T JUST MEAN SELLING. IF YOU PASS KETAMINE TO SOMEONE ELSE, THIS IS ENOUGH TO COUNT AS SUPPLY.

IF THE OTHER PERSON HAS A BAD REACTION TO KETAMINE YOU SUPPLY THEM, THIS CAN BE CLASSED AS ADMINISTERING A NOXIOUS SUBSTANCE, WHICH IS ALSO AN OFFENCE UNDER THE OFFENCES AGAINST THE PERSON ACT 1861. THIS CAN ALSO RESULT IN A PRISON SENTENCE.

HOW COULD KETAMINE AFFECT ME?



"AT FIRST, I USED KETAMINE TO BE COOL. IT WAS FUN BACK THEN".

DESIRED EFFECTS	WHAT YOU MIGHT GET
HAPPY	CONFUSED
RELAXED	PANICKY
DREAM LIKE STATE	ALTERED PERCEPTION
DETACHED FROM REALITY	HALLUCINATING
CHILLED	HURT BUT UNABLE TO FEEL IT

THESE ARE SOME OF THE EFFECTS YOU MAY EXPERIENCE.
YOU MIGHT FEEL SOME OR ALL OF THEM.
YOU MIGHT ALSO HAVE A DIFFERENT EXPERIENCE
EACH TIME YOU USE KETAMINE.



"INITIALLY IT BLOCKED EVERYTHING OUT AND HELPED ME HIDE FROM THE NOISE AND CONCERNS. THIS DIDN'T MAKE THE FEELING GO AWAY THOUGH, IT JUST NUMBED ME".

MIXING KETAMINE WITH OTHER DRUGS

KETAMINE & COCAINE

This can increase the risk of anxious thoughts and feelings. It can also increase your blood pressure and heart rate, which puts additional strain on your heart.

KETAMINE & ALCOHOL

The risks are not fully understood yet. However, it can increase the risk of:
Passing out ▪ Vomiting
Overwhelming confusion
More vulnerable

KETAMINE & SPICE

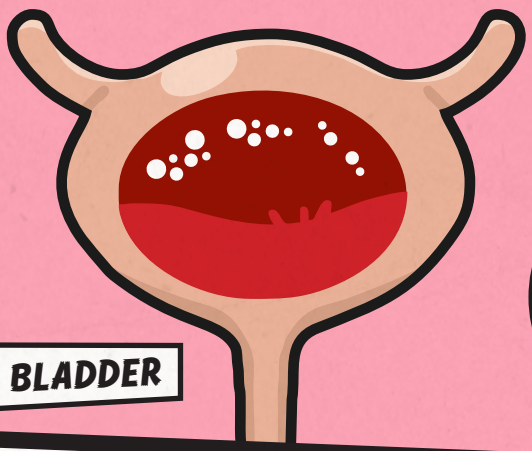
Spice is a man-made drug that can have strong and unpredictable effects. The strength and ingredients can be different each time, so it can be hard to know how it will affect someone. Using spice with ketamine can increase the risk of feeling very confused, anxious, paranoid, or unwell. Mixing these drugs can be dangerous and may increase the chance of serious side effects.



"I AM VERY FORTUNATE AT THIS POINT THAT IT HAS NOT AFFECTED MY BLADDER OR MY HEALTH. BUT IF I DID CARRY ON THE WAY I WAS, I WOULD NOT BE HERE NOW TO TELL MY STORY. I WOULD BE DEAD AT THIS POINT IN MY LIFE. I CAN SAY I AM 156 DAYS KET FREE."

OK?

PHYSICAL EFFECTS OF KETAMINE



THE BLADDER



"HONESTLY...
PHYSICALLY I WAS FINE UNTIL MY LATE 20'S, EARLY 30'S IS WHERE I STARTED SUFFERING FROM EXCRUCIATING PAIN IN MY SIDES, TO THE POINT WHERE I COULDN'T MOVE MOST DAYS".

Ketamine is broken down in your liver and then leaves your body through your pee. It passes through your bladder along the way. The ketamine irritates the lining of your bladder, which can cause it to bleed. Some of the bladder lining may also come out in your pee, which is the jelly like substance you might see.

The irritation can lead to scarring on the inside of your bladder. Scar tissue is thicker, which means there is less space in your bladder. This cycle continues with the scar tissue building up and taking up space in your bladder that would usually be able to hold urine.

This makes the capacity much smaller, meaning you need to pee more frequently. You might also lose control of your bladder and find that you pass pee without realising or meaning to.



"PHYSICALLY, I LOST A LOT OF WEIGHT IN A SHORT PERIOD OF TIME. AT MY LOWEST, I WAS FIVE STONE."

"IT ALSO AFFECTED MY BLADDER TO THE POINT I COULDN'T HOLD MY WEE LONG AT ALL.

It stopped me going places and I started isolating myself due to being scared of weeing. In the end I started wearing pads if going on long journeys. It also affected my mobility as I suffered with a lot of pelvic pain and shooting pains so I couldn't walk. The time scale was 2024-2026'."

It can also be really painful.
You might hear people talk about 'k cramps' or 'ket cramps'.
Using ketamine will ease the pain for a short time
but will also increase the damage to your bladder.

This can create a cycle where you take ketamine to manage the pain. This causes more damage which can increase the pain. You then need to take more ketamine, more often, to manage the pain. Which causes the damage to happen more quickly.

The impact on the bladder is more commonly known as there are signs and symptoms as above. However, once the bladder is damaged, the liver and kidneys can start to become affected causing them to fail too.



"I THOUGHT I WAS LUCKY AND HAD NOT SUFFERED FROM PHYSICAL HEALTH PROBLEMS FOR THE FIRST THREE YEARS. ALL OF A SUDDEN IT STARTED TO TAKE ITS TOLL ON MY ORGANS, NOT JUST MY BLADDER, BUT MY KIDNEYS AND LIVER."

"I started by struggling to hold my pee when I need the toilet, it then escalated to having painful pees and blood. I found out that this is the lining of the bladder passing through.

I obviously suffered from the stomach cramps throughout. I can't quite explain how they feel, they would just come and go and it almost felt like I was being stabbed in the back and stomach. I would crouch over because nothing would help. I had 4-5 baths a day just to try and feel some sense of relief. I then suffered from a partial prolapse, I had to go to A&E, but they could not do anything. This resulted in me being incontinent.

I now seek support from the incontinence team. I have now started to access support from hepatology surrounding my liver and am being referred to urology".

ARE YOU EXPERIENCING...

These can be signs that ketamine use is damaging your bladder. If you do have any of those symptoms, please seek medical advice:

You GP can help with pain relief and bladder symptoms. They can also refer you to urology who can carry out further investigations. SPACE can support you to attend these appointments and discuss treatment options with your GP if you are finding this difficult.

- NEEDING TO PEE MORE OFTEN
- LEAKING PEE
- PAIN WHEN YOU PEE
- BLOOD IN YOUR PEE
- PASSING A CLEAR JELLY LIKE SUBSTANCE
- PELVIC PAIN

KETAMINE & YOUR MENTAL HEALTH



"AT FIRST I THOUGHT IT WAS A CURE FOR IT. THEN IT BECAME ONE OF THE MAIN ISSUES THAT FUELLED IT".

Ketamine is being trialled as treatment for some mental health conditions such as depression and post-traumatic stress disorder (PTSD). This is in very controlled settings and is still being researched so that the full impact is understood.

ILLICIT KETAMINE

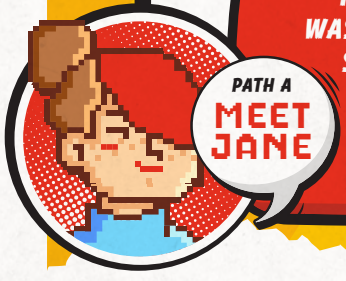
The full impact of illicit ketamine on mental health is still unknown. However, it is thought that it can increase feelings of depression and anxiety. It can also lead to you feeling emotionally detached. If you already have underlying mental health concerns then taking ketamine can make this worse. It can also increase feelings of wanting to end your life or not be here anymore.

'K' HOLE

This is a feeling of complete detachment from your body. This can be confusing and cause panic. You may feel completely separate to reality and unable to communicate with anyone in your surroundings. You might feel like you have some awareness but be unable to do anything about it.

KETAMINE PSYCHOSIS

Ketamine use can lead to symptoms such as hallucinations, paranoid thinking and disordered thoughts. This mimic symptoms of psychosis. These symptoms usually fade quickly after use. However, with long term frequent use of ketamine, the symptoms may be more persistent.



"IT THEN BECAME A COMFORT BLANKET AND WAS MY FIRST PORT OF CALL IF I FOUND MYSELF STRUGGLING. AS I STARTED TO RESENT MY KETAMINE USE, IT USED TO BE THE FUEL AND THE RELIEF FOR MY MENTAL HEALTH, LEAVING ME STUCK IN A CYCLE."

"IT LEFT ME COMPLETELY DISCONNECTED FROM EVERYONE".

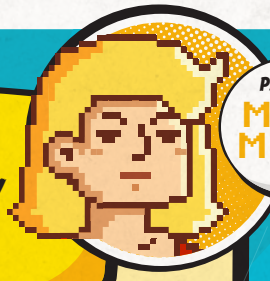


PATH B
MEET JACK

"KET AFFECTED MY MENTAL HEALTH BIG TIME..."

"I AM CURRENTLY ON MEDICATION FOR ANXIETY AND DEPRESSION AND THIS IS HELPING ME AT THE MINUTE DUE TO NOT USING BUT FOUND WHEN I WAS USING MY MEDICATION DID NOT WORK'."

"MENTALLY IT MADE ME HATE MY APPEARANCE..."



PATH D
MEET MAYA

"I DETERIORATED INTO SKIN AND BONE, GOT ACNE AND LOST ALL THE BEAUTY I HAD BEFORE. I ALSO FELT ALONE AS I ISOLATED MYSELF FROM EVERYONE AS I FELT GUILTY AND ASHAMED. I ENDED UP WITH DEPRESSION AND ANXIETY, WHICH I'M NOW ON MEDICATION FOR".

LOOKING AFTER YOUR MENTAL HEALTH...

Take yourself to a quiet room, ask a friend to go with you so you are not alone.

BOX BREATHING

Breath in for the count of 4, hold for 4, breath out for 4 and hold for 4

5-4-3-2-1 GROUNDING

5 things I can see
4 things I can feel
3 things I can hear
2 things I can smell
1 thing I can taste

Try to get help – emergency services, at least find a friend to stay with you

SOMEONE I CAN CALL IN AN EMERGENCY IS...

_____

A SAFE PLACE I CAN GO IS...

_____

REDUCING HARMS? WHAT DOES THIS MEAN?

These are things you can do that can reduce the harms to you when using ketamine

Start low, go slow

Take breaks to avoid building tolerance

Safe place, safe people

Chop crystals into powder

Sip water to flush out your bladder

GO SLOW

"I USED KET ON A WEEKEND TO START WITH. BEFORE YOU KNOW IT, YOUR USE HAS GOT OUT OF CONTROL, TO WHERE YOU ARE SNIFFING MORE."



"YOU HAVE NO FRIENDS, AS YOU DISTANCE YOURSELF."

'EVENTUALLY, DUE TO CIRCUMSTANCES I ENDED UP WITH DEPRESSION. I DID NOT WANT TO FEEL DOWN ALL THE TIME SO I SELF-MEDICATED WITH KETAMINE, WHICH THEN BECAME AN EVERYDAY THING'.



SAFETY PLANNING...

If you choose to use ketamine, these steps may help reduce some of the risks...

- Look out for your friends and ask them to look out for you
- Avoid using alone
- Alternate using with friends so that someone remains sober
- Use in a familiar place with people you trust
- Share your location with a trusted adult
- Keep away from busy roads, water, railways, and other hazards
- Avoid mixing ketamine with alcohol or other drugs
- Start with a small amount and wait before taking more
- Avoid using if you are feeling anxious, upset, or low in mood
- Avoid driving, riding a bike or scooter, or operating machinery
- Make sure your phone is charged and location services are switched on if you have them
- Drink water regularly to stay hydrated
- Get medical help straight away if someone becomes unconscious, has difficulty breathing, or cannot be woken up
- Get ketamine checked by a drug-checking service where available

YOU CAN DOWNLOAD A COPY OF A SAFETY PLAN FROM OUR WEBSITE. THIS CAN BE COMPLETED WITH YOUR PARENT / CARER SO THAT THEY KNOW HOW TO KEEP YOU SAFE TOO.

NOT SURE WHAT TO DO?



If you are unsure about making changes to your ketamine use, or whether it is a problem try some of the interventions below.

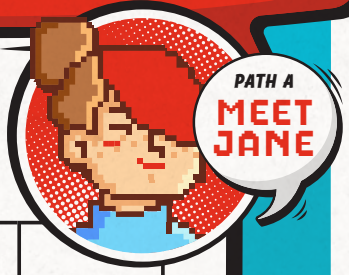
DECISIONAL BALANCE

This activity helps you think about the good things and the not-so-good things about using ketamine. It can help you understand how ketamine affects your life and decide whether you want to make any changes.

POSITIVES OF CHANGING KETAMINE USE	NEGATIVES OF CHANGING KETAMINE USE
POSITIVES OF CONTINUING KETAMINE USE	**NEGATIVES OF CONTINUING KETAMINE USE**

KEEP A DRUG DIARY

"I STARTED TO USE KETAMINE AT RAVES AND PARTIES, BUT THIS THEN LED TO ME USING IT AT HOME WHEN I HAD SOME LEFT OVER. THIS IS WHEN I NOTICED IT HAD BECOME A PROBLEM".



Making a note of when you use drugs and how you feel afterwards can help you understand the impact ketamine is having on your life. It can also make it easier to talk to your SPACE worker or another trusted professional if you need support.

DAY	TIME	WHAT	WHERE	WHO WITH	HOW MUCH	FEELINGS BEFORE	FEELINGS DURING	FEELINGS AFTER
MONDAY								
TUESDAY								
WEDNESDAY								
THURSDAY								
FRIDAY								
SATURDAY								
SUNDAY								

YOU CAN PRINT DIARIES FROM OUR SPACE WEBSITE, OR YOU CAN MAKE YOUR OWN.

TRIGGERS & CRAVINGS

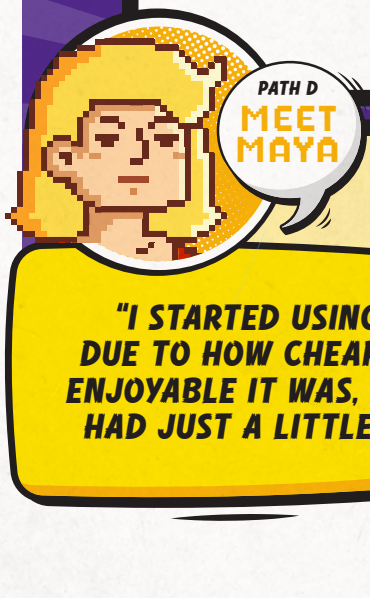


Triggers are things that might make you want to use. Keep track of the times you take ketamine or want to take ketamine.

HOW DO YOU FEEL?
WHAT WERE YOU DOING?
WHO ELSE WAS AROUND?

WHAT HAS WORKED BEFORE TO DISTRACT YOU FROM USING?

WHO CAN YOU SPEAK TO THAT CAN HELP?



"THEN I STARTED TAKING IT FOR THE OTHER REASONS."

"Then it became a problem, as it was an escape from reality, as it helped numb me and the pain I had from grieving someone I lost and a breakup not long after".

Cravings are a strong feeling of wanting to use

WHAT CAN YOU DO?

DELAY wait 15 minutes, urges and cravings often pass
DISTRACT find something else to do
DECIDE choose not to use – what has stopped you using in the past?

DIVERSIONARY ACTIVITIES:

Use this space to write down things you can do to distract yourself from thinking about using ketamine. Think about things that have worked before.

YOU COULD TRY...

- LISTENING TO MUSIC
- BOX BREATHING
- JOURNALLING
- TALKING TO A FRIEND
- GOING FOR A WALK
- HAVING A BATH
- COLOURING
- EATING NICE FOOD
- READING A BOOK
- RIDING A BIKE
- BAKING
- VOLUNTEERING

ARE THERE OTHERS YOU WOULD LIKE TO TRY?



"YOU ARE SO MUCH BETTER THAN THIS, AND THAT ONE TIME IS REALLY NOT WORTH IT."

If I replay you all the pain and damage I've caused to myself and friends and family, I'd never have done it'."

WHAT DOES SUPPORT LOOK LIKE?



"FOR ANYONE SUFFERING, THE POWER IS IN YOUR HANDS TO CHANGE. WITH DETERMINATION AND HELP FROM OTHERS IT IS POSSIBLE, BUT HONESTY IS KEY".

REFERRAL

Anyone can refer you to SPACE. You can also refer yourself. There is no pressure to stop your drug or alcohol use. SPACE will work with you to understand your goals and help you achieve them.

SPACE is a voluntary service and can only work with you if you agree to this. We will meet you in a time and place that works for you. This could be our office, your home, school, or in the community.

ASSESSMENT

At our first meeting we will explain the way we work. We will talk to you about the information we collect and when we need to share this.

In most cases we are a confidential service and will keep what we talk about between you and the service. We'll also ask some questions to get to know you better and understand how we can support you. Together, we'll agree on some goals and what you'd like to work towards.

SUPPORT PLAN

We will agree the goals that you want to work towards and then break this down into manageable steps to help you get there.



"HOWEVER NOW I USE IT TO MANAGE MY PAIN, AND I DON'T FIND ANY ENJOYMENT FROM IT. I NO LONGER WANT TO USE, BUT I FEEL LIKE I HAVE TO, TO MANAGE PAIN".

INTERVENTIONS

We'll work with you in a way that feels right for you.

This might include creating posters, completing worksheets, trying role-play activities, or using other creative ideas to explore your thoughts and feelings.

We'll also work together to create a plan for when things feel tough, so you know who to turn to and what might help.

"I HAVE ALWAYS SAID I WILL NEVER REGRET THE PATHS I CHOOSE IN LIFE. I STILL GET ASKED IF I WANT A KEY. YOU HAVE TO STEP BACK AND REALISE WHAT YOU HAVE IN LIFE WHILE YOU ARE IN RECOVERY".



DISCHARGE

Once you have reached the goals you've been working towards, our time together will come to an end.

We'll talk about this from the very beginning and make a plan together, so you feel prepared and supported when it's time to move on.

"IF I CAN HELP ONE PERSON BY TELLING MY STORY, THEN HOPEFULLY THAT'S ONE PERSON WHO'S NOT GOING TO USE".



WHAT STORY WILL YOU TAKE?

THE STORIES IN THIS BOOKLET ARE BASED ON REAL EXPERIENCES SHARED BY ADULTS WHO ARE GETTING SUPPORT FOR THEIR KETAMINE USE.

We've changed their names to protect their privacy, but everything else is based on what they told us. Some people wrote their own stories, while others shared them with a worker who wrote this down for them. Their words and experiences have been kept as close to the original as possible.

REAL STORIES REAL CONSEQUENCES



JANE'S STORY



When did you first start using ketamine and when did it become a problem?

I started to use ketamine at raves and parties but this then led to me using it at home when I had some left over, this is when I noticed it had become a problem. I was 19 years old when I first started, and it soon became a problem after this.

Why did you use ketamine then and how did it change?

It was cheaper than drinking alcohol and had a similar effect. I then would start to use it as a form of self-medication for my mental health and low moods. However now I use it to manage my pain, and I don't find any enjoyment from it. I no longer want to use but I feel like I have to manage pain.

How has ketamine affected your physical health and what did the time scale look like?

I thought I was lucky and had not suffered from physical health problems for the first three years. All of a sudden it started to take its toll on my organs, not just my bladder, but my kidneys and liver. I started by struggling to hold my pee when I needed the toilet, it then escalated to having painful pees and blood. I found out that this is the lining of the bladder passing through.

I obviously suffered from the stomach cramps throughout. I can't quite explain how they feel, they would just come and go and it almost felt like I was being stabbed in the back and stomach. I would crouch over because nothing would help. I had 4–5 baths a day just to try and feel some sense of relief. I then suffered from a partial prolapse, I had to go to A&E, but they could not do anything. This resulted in me being incontinent. I now seek support from the incontinence team.

I have now started to access support from hepatology surrounding my liver and am being referred to urology.

People think it's just your bladder but its not, its effecting everything and my whole quality of life.

How did ketamine affect your mental health?

Initially it blocked everything out and helped me hide from the noise and concerns. This didn't make the feeling go away, it just numbed me. It then became a comfort blanket and was my first port of call if I found myself struggling. As I started to resent my ketamine use, it used to be the fuel and the relief for my mental health, leaving me stuck in a cycle. It left me completely disconnected from everyone.

What would you say to yourself if you had the chance?

Do not ever, ever, ever do it, ever, not even once.

What hope do you have for the future and motivation to change?

I was scared that I was going to die, that my organs are failing and felt lost. This was the turning point. I want my body to be healthier, and I can actually have children in the future. I want to be able to feel like a 'normal' human.

By going to groups, accessing support, I have now completed the detox and rehab pathway and am due to go for an in-patient detox and rehab to help me get there.

JACK'S STORY



When did you first start using ketamine and when did it become a problem?

I started using ketamine on and off since I was 16/17 but have been using other drugs since the age of 12/13. I always knew drugs were a problem for me from a young age. My ket use got a lot worse in 2022 when I lost my son and my usage got out of control. The drug was my coping mechanism.

Why did you use ketamine then and how did that change to why you use ketamine now?

I used ket on a weekend to start with. I moved to using strong ket then I had a break from it. After losing my son I got back on ket. You realise the ket is not the same as before, so you start sniffing more and more to get that high. Before you know it, your use has got out of control, to where you are sniffing an Oz in a few days. You have no friends, as you distance yourself.

JACK'S STORY



How had ketamine affected your physical health and what did the timescale for this look like?

I am very fortunate at this point that it has not affected my bladder or my health. If I did carry on the way I was, I would not be here now to tell my story. I would be dead at this point in my life. I can say I am 156 days ket free.

How did ketamine affect your mental health?

Ket affected my mental health big time. I am currently on medication for anxiety and depression and this is helping me at the minute due to not using. I found that when I was using, my medication did not work. You are drained and sleep patterns are all over the place. All you want to do is use. It's like a demon inside of you. While you are using it takes over your life.

What would you say to yourself if you had a chance to before ever using?

I have always said I will never regret the paths I choose in life. I still get asked if I want a key. You have to step back and realise what you have in life while you are in recovery.

What hope do you have for the future and motivation to change?

I have a lot of hope for the future. I am currently in recovery. I have the best relationship with my daughter, which I never really had while I was using. I have a fantastic support group round me. If I can help one person by the telling my story then hopefully that's one person whose not going to use.

Scan QR code for further support

YOU DON'T HAVE TO GO THROUGH THIS ALONE...

LUKE'S STORY



When did you first start using ketamine and when did it become a problem?

I started to use ketamine at 14 years old and realised it had become a problem at 22 years old.

Why did you use ketamine then and how did that change to why you use ketamine now?

At first, I used ketamine to be cool and it was fun back then. Eventually, due to circumstances I ended up with depression and did not want to feel down all the time, so I self-medicated with ketamine, which then became an everyday thing.

How had ketamine effected your physical health and what did the timescale for this look like?

Honestly, physically I was fine until my late 20s. In my early 30s, I started suffering from excruciating pain in my sides, to the point where I couldn't move most days.

How did ketamine affect your mental health?

At first I thought it was a cure for it. Then it became one of the main issues that fuelled it.

What would you say to yourself if you had a chance to before ever using?

Stick to going in the army. You don't want that 17 years of suffering.

What hope do you have for the future and motivation to change?

I am now 9 months abstinent from ketamine and everything is looking up for me now. Your motivation eventually bounces right back.

Anything else you would like to say?

For anyone suffering due to ketamine, the power is in your hands to change. With determination and help from others it is possible. Honesty is key.

MAYA'S STORY



When did you first start using ketamine and when did it become a problem?

Started using in 2022, it became a problem in 2024.

Why did you use ketamine then and how did that change to why you use ketamine now?

I started using it due to how cheap it was. It was enjoyable if you had just a little bit. Then I started taking it for other reasons which is when it became a problem. It was an escape from reality, as it helped numb me and the pain I had from grieving someone I lost and a breakup not long after that.

How had ketamine affected your physical health and what did the timescale for this look like?

Physically, I lost a lot of weight in a short period of time. At my lowest, I was five stone. It also affected my bladder to the point I couldn't hold my wee long at all. It stopped me going places and I started isolating myself due to being scared of weeing. In the end I started wearing pads if going on long journeys. It also affected my mobility as I suffered with a lot of pelvic pain and shooting pains so I couldn't walk. The time scale was 2024-2026.

How did ketamine affect your mental health?

Mentally it made me hate my appearance, as I deteriorated into skin and bone, got acne and lost all the beauty I had before. I also felt alone, as I isolated myself from everyone as I felt guilty and ashamed. I ended up with depression and anxiety which I'm now on medication for.

What would you say to yourself if you had a chance to before ever using?

If I had chance to say something to myself is ''you are so much better than this, and that one time is really not worth it. If I replay you all the pain and damage I've caused to yourself and friends and family I'd never have done it''

What hope do you have for the future and motivation to change?

For the future I wish to become more confident in myself and get where I want to be. In the end I've got good people around me to help me with the motivation. As well as myself to get to my end game, with my own little shop and being around good people to stay positive.

Anything else you would like to say?

No.

YOU'VE REACHED THE END OF THESE STORIES.

Would you have made the same choices, or have chosen a different path?

Take some time to think about the decisions made in each story and how different choices could have changed what happened. You can go back and explore the stories again to see where other decisions might lead.

If any of the stories have raised questions or made you think about your own experiences, talk to your SPACE worker or another trusted professional.

They can help you explore any concerns, thoughts, or situations in a safe and supportive way.

NEED SUPPORT OR WANT TO FIND OUT MORE?

Scan QR code for further support

YOU DON'T HAVE TO GO THROUGH THIS ALONE...



A BIG THANK YOU...

TO THE PEOPLE WHO SHARED THEIR REAL-LIFE EXPERIENCES AND GAVE US PERMISSION TO INCLUDE THEM IN THIS BOOKLET.

By sharing their stories, they are helping young people understand the risks and challenges that can come with ketamine use. You can find more stories on our website.

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EARLY INTERVENTION STRUCTURED SUPPORT AFTERCARE

Contact Barnsley Recovery Steps
for FREE confidential support
01226 779066
brs.referrals@waythrough.org.uk

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