CHEMS*X: SAFETY TIPS

Out4 Mental Health

An informational zine on common substance combinations, their potential risks, and important safety considerations.

2 Key Substances

Crystal Meth
Euphoria, heightened senses, delayed ejaculation. Risk of psychosis, dependency.

Mephedrone
Cocaine-like confidence + MDMA affection. Harsh comedown, vein damage from IV.

Ketamine
Relaxation, numbness. K-hole risk. Bladder/kidney damage with long-term use.

A 2024 Milan survey found cocaine (30%), mephedrone (27%), MDMA (22%), GHB/GBL (20%), and ketamine (17%) among the most-used substances.

3 Key Substances

GHB/GBL
Relaxation, sociability. Very narrow safe-dose window. Fatal with alcohol/opiates.

MDMA
Extra pleasure, amplified love. Risk of heart failure, jaw tension, dehydration.

Poppers
Brief warm rush, muscle relaxation. Do NOT combine with erection pills.

Alcohol
Often combined with chemsex drugs. Extremely dangerous with GHB/GBL - risk of respiratory failure.

4 Dangerous Drug Combinations

Know the risks to avoid harm or fatality.

Parties, hookups, and new experiences happen throughout the year.

If substances are part of your plans, taking steps to reduce risk can make a difference.

5 Dangerous Drug Combinations

Combination	Risk Level
GHB/GBL + Alcohol	FATAL RISK
Meth + Poppers	HIGH RISK
Ketamine + Alcohol	MODERATE
Any + Alcohol	CAUTION

6 Dangerous Drug Combinations

Key Danger
Respiratory depression, coma, death
Cardiovascular collapse, stroke risk
Severe disorientation, aspiration risk
Impaired judgment, consent capacity reduced

7 Resources and Support Services

For Clinicians

SAMHSA National Helpline
1-800-662-4357 — free treatment referral, 24/7

NIDA Clinical Resources
drugabuse.gov — evidence-based treatment guides

NASTAD
nastad.org — STI/HIV prevention technical assistance

SF AIDS Foundation
sfaf.org — chemsex-specific harm reduction programs

LA County SASH Hotline
Substance abuse services — county-level referrals

For Patients

988 Suicide & Crisis Lifeline
Call or text 988 — 24/7 crisis support

Trevor Project
1-866-488-7386 — LGBTQ+ youth crisis line

LA LGBT Center
lalgbtcenter.org — health and recovery services

Stonewall Project (SF)
Free counseling for LGBTQ+ substance use

Partnership to End Addiction
drugfree.org — family support and resources

Take Care of Yourself and Others

Every body responds differently to substances, and combining them can increase the risk of serious or unexpected effects. Understanding these risks can help you recognize warning signs, make informed decisions, and know when someone may need medical attention.

In an emergency, always call 911.

Scan to access more resources