# Problems with solvent abuse?

You're not the only one. Each month more than 17,000 people in the UK misuse solvents and gases found in everyday household products such as cigarette lighter refills, aerosols, petrol and some

## But solvent abuse kills.

The average age of death from solvent abuse in the UK is 30. About 50 people die each year. It doesn't matter how many years you've used solvents; you run the same risk of death as a first time user.

**There is no 'safe' way to do it that will take away the risk of death from heart failure. But if you choose to do it:**

- Don't do it alone (someone with you can call an ambulance).
- Avoid spraying directly into the mouth.
- Avoid using plastic bags (this will lower the risk of suffocation).
- Don't smoke or light cigarettes (solvents are highly flammable).
- Don't mix with alcohol, any other drugs or prescribed medicines.

## We're here to help.

Please speak to your drug worker or talk to a specialist solvent abuse worker at Re-Solv. We run a national support network for anyone whose life is affected by solvent abuse.

If you, or someone you know, is misusing solvents please contact us. We're here to help.

**Phone 01785 810762**

**Text or WhatsApp 07496 959930**

**Live chat at www.re-solv.org**

**Free online counselling**

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