

POLYSUBSTANCE

USE (PSU)

7 facts everyone must know about PSU.

01 PSU CAUSES 63% OF OVERDOSE DEATHS

Polysubstance use played a role in almost two-thirds of overdose deaths in the past years. And the numbers are rising. These overdose deaths often happen by accident when illicit substances are laced with fentanyl.

02 PSU OFTEN HAPPENS UNINTENTIONALLY

People sometimes don't know that they are using different substances at the same time. The reason is that almost all fake pills and street drugs are laced with potentially lethal doses of fentanyl or xylazine (tranq).

03 PSU MAKES OVERDOSES MORE LIKELY

Using several substances at the same time makes their effects stronger and more unpredictable. This increases the risks of an overdose and death.

04 OVERDOSE REVERSAL IS MORE DIFFICULT

While naloxone, aka Narcan®, can reverse an opioid overdose, it doesn't work for other drugs. However, you should always have it with you and use it when you see an overdose.

05 MIXING UPPERS AND DOWNERS DOESN'T CANCEL THEM OUT

Stimulants (uppers) like cocaine, ecstasy, and meth have the opposite effect from depressants (downers) like alcohol, opioids, and benzodiazepines. But that doesn't mean they cancel each other out. In fact, mixing substances from both groups leads to serious overdose risks.

06 COMBINING DOWNERS CAN BE LETHAL

Depressants decrease heart rate and breathing. When different downers like alcohol, opioids, and benzos are taken together, the effects multiply and can lead to coma and death.

07 DRINKING ALCOHOL WHILE USING DRUGS

Alcohol is a depressant. Drinking while using other drugs makes overdoses more likely and can damage the brain, heart, and other organs.



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