



How to party safely?

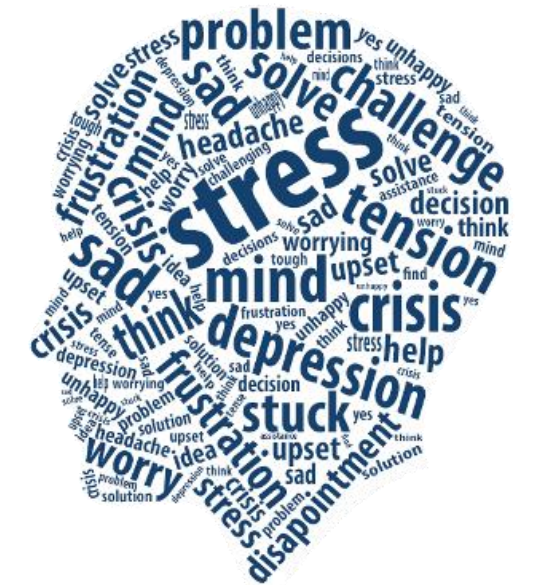
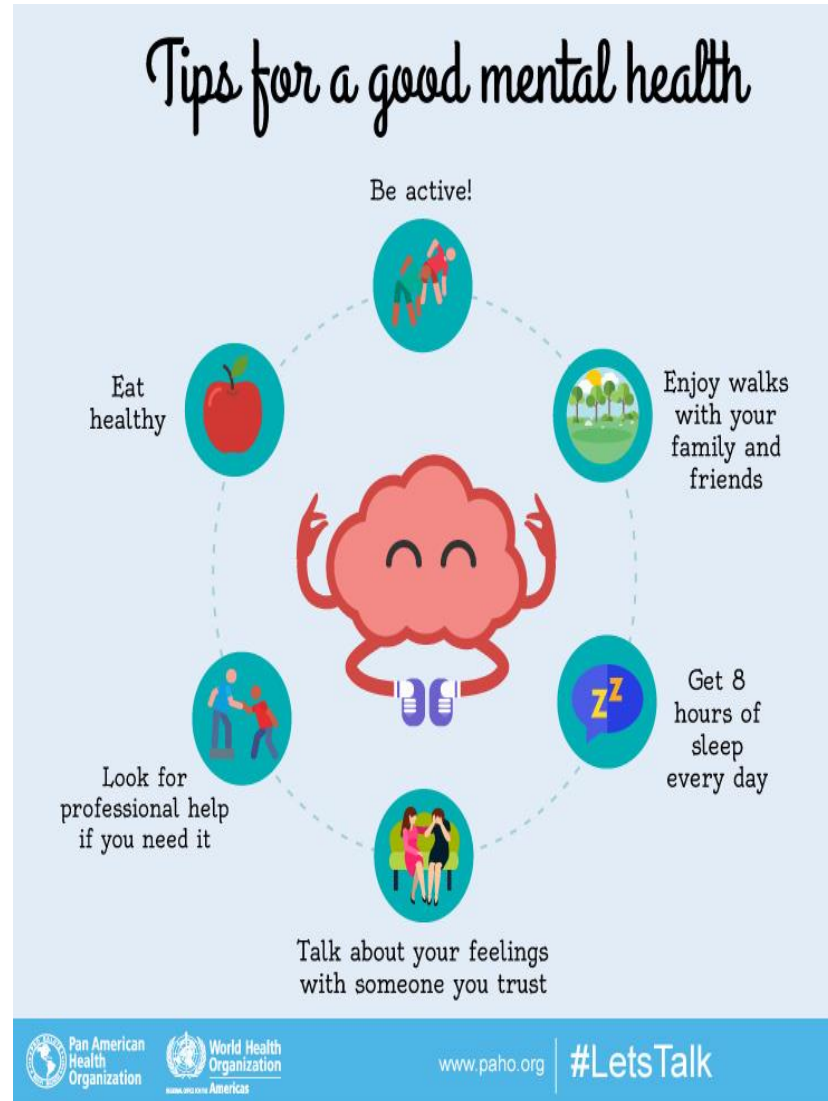
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Mental health



Nine signs of mental illness

What are the symptoms of a mental illness? If a friend or loved one doesn't seem themselves, how do you spot the difference between a bad mood and something more serious?



Feeling anxious
or worried



Feeling depressed
or unhappy



Emotional outbursts



Sleep problems



Weight or
appetite changes



Quiet or withdrawn



Substance abuse



Feeling guilty
or worthless



Changes in behaviour
or feelings

Alcohol



Alcohol

- Maximal effect: 30 to 60 mn after taken
- Effects : balance and speech, visual effects, nausea, if high dosage => hypo or hyperthermia, coma, death, car accident, epilepsie decompensation
- Safer use : Take your time, eat before, identify your emotions, danger of asphyxia if taken with GHB, do not drive, no alcohol during pregnancy or if you plan a pregnancy

Alcohol units



Un verre de bière
341 ml / 12 oz
5 % alc./vol.

=



Un verre de vin
142 ml / 5 oz
12 % alc./vol.

=



Un verre de vin fortifié
85 ml / 3 oz
20 % alc./vol.

=



Un verre de spiritueux
43 ml / 1,5 oz
40 % alc./vol.

=



Deux verres de cidre
142 ml / 5 oz
6 % alc./vol.

Am I a binge drinker ?

What is Binge Drinking?

4 DRINKS 
in  2 HOURS

5 DRINKS 
in  2 HOURS

The infographic features a green background with a radial pattern. At the top, the title 'What is Binge Drinking?' is written in bold black text. Below the title are two black silhouettes: a woman on the left and a man on the right. Under the woman's silhouette, the number '4' is in a red square, followed by 'DRINKS' and four small beer icons. Below this, the word 'in' is in a cursive font, followed by a clock icon and '2 HOURS'. The same structure is repeated for the man, with the number '5' in a red square, 'DRINKS' and five beer icons, 'in', a clock icon, and '2 HOURS'.

Several types of bingers : why ?

- Research of connection with fellow people
- Self confidence and social skills
- Manly image to defend
- To forget some troubles
- Hazing ritual
- Exprimentation

Safer sex tips

- BYOC = Bring your own condom
- Create limits in advance
- Avoid misuse of products that your judgment may fail you
- Make safer sex part of it and not a disruption of it

- Do not hesitate to see a primary care professional if some risks were taken

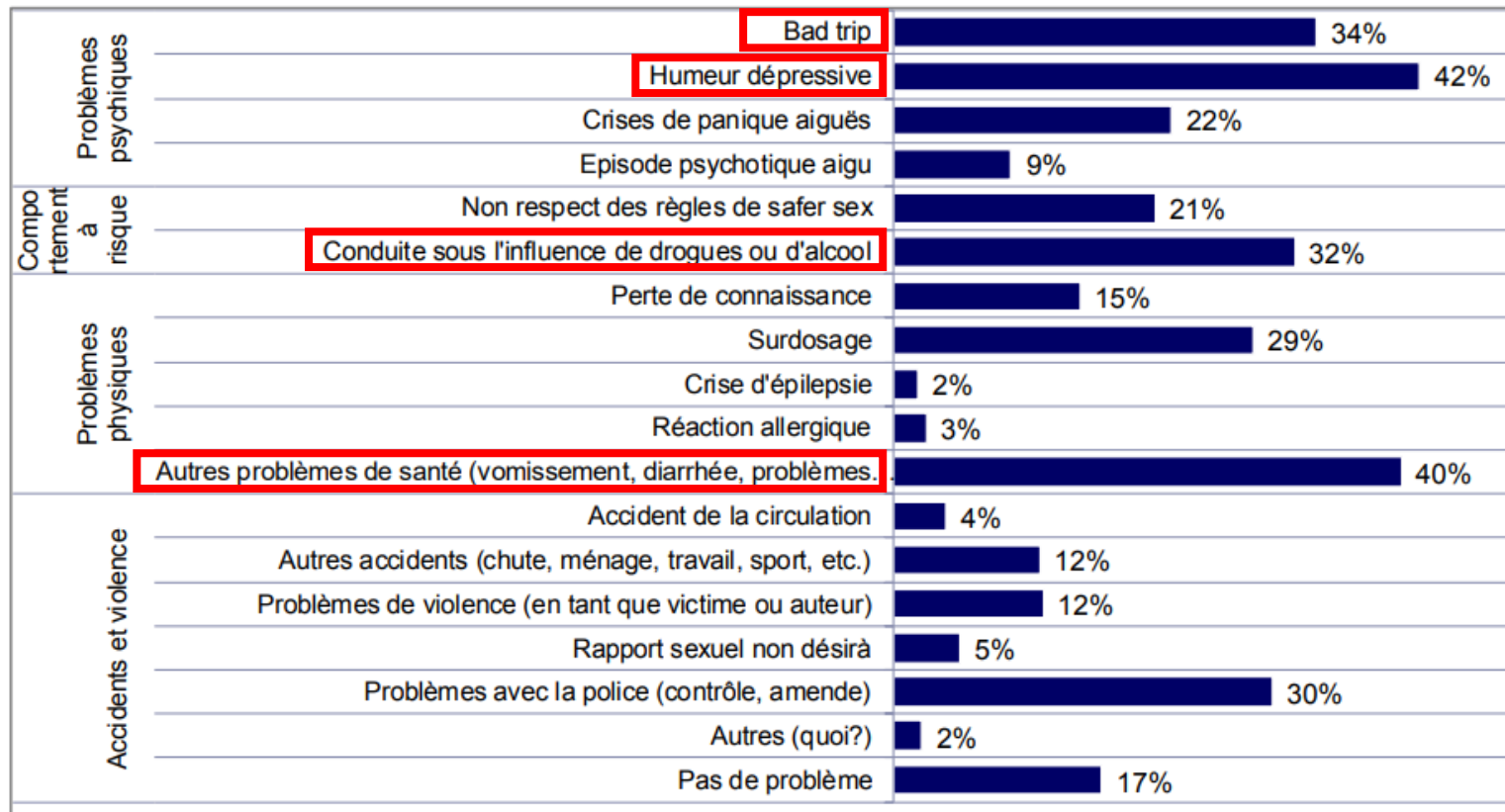
BYOC



Short Term Side effects

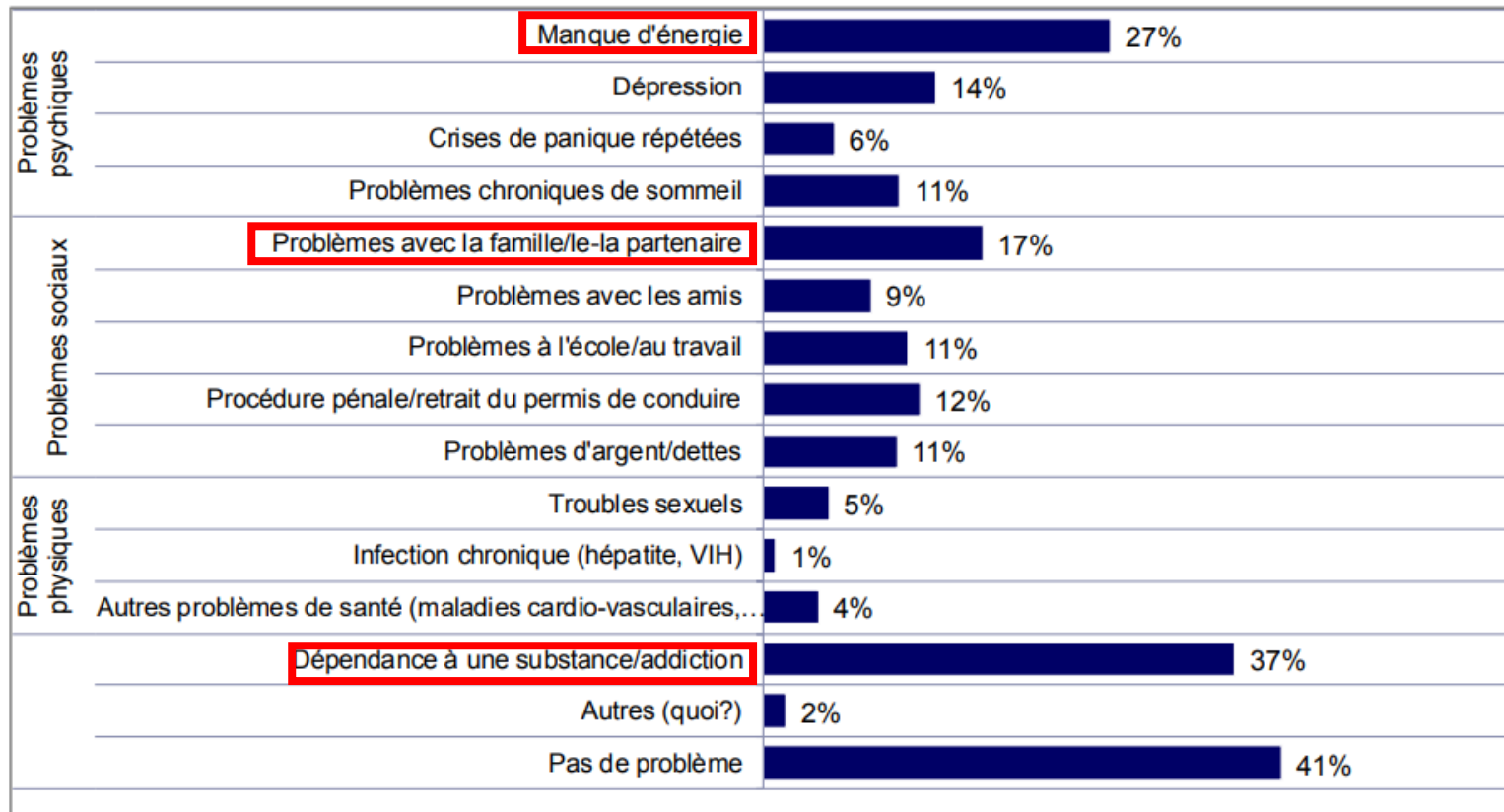
Graphique 11: Fréquence des problèmes à court terme après la consommation de substances psychoactives (n=1196; plusieurs réponses possibles), données en %

- Depressive mood
- Vomiting...
- Bad trip
- Driving under alcohol or drugs



Long term side effects

Graphique 12: Fréquence des problèmes à long terme après la prise de substances psychoactives (n=1196; plusieurs réponses possibles), données en %



-Addiction
-lack of energy
-family/couple
problems

Spectrum of Drug Use

Non-problematic

- recreational, casual or other use that has negligible health or social impact

Dependent

- use that has become habitual and compulsive despite negative health and social impacts



Beneficial

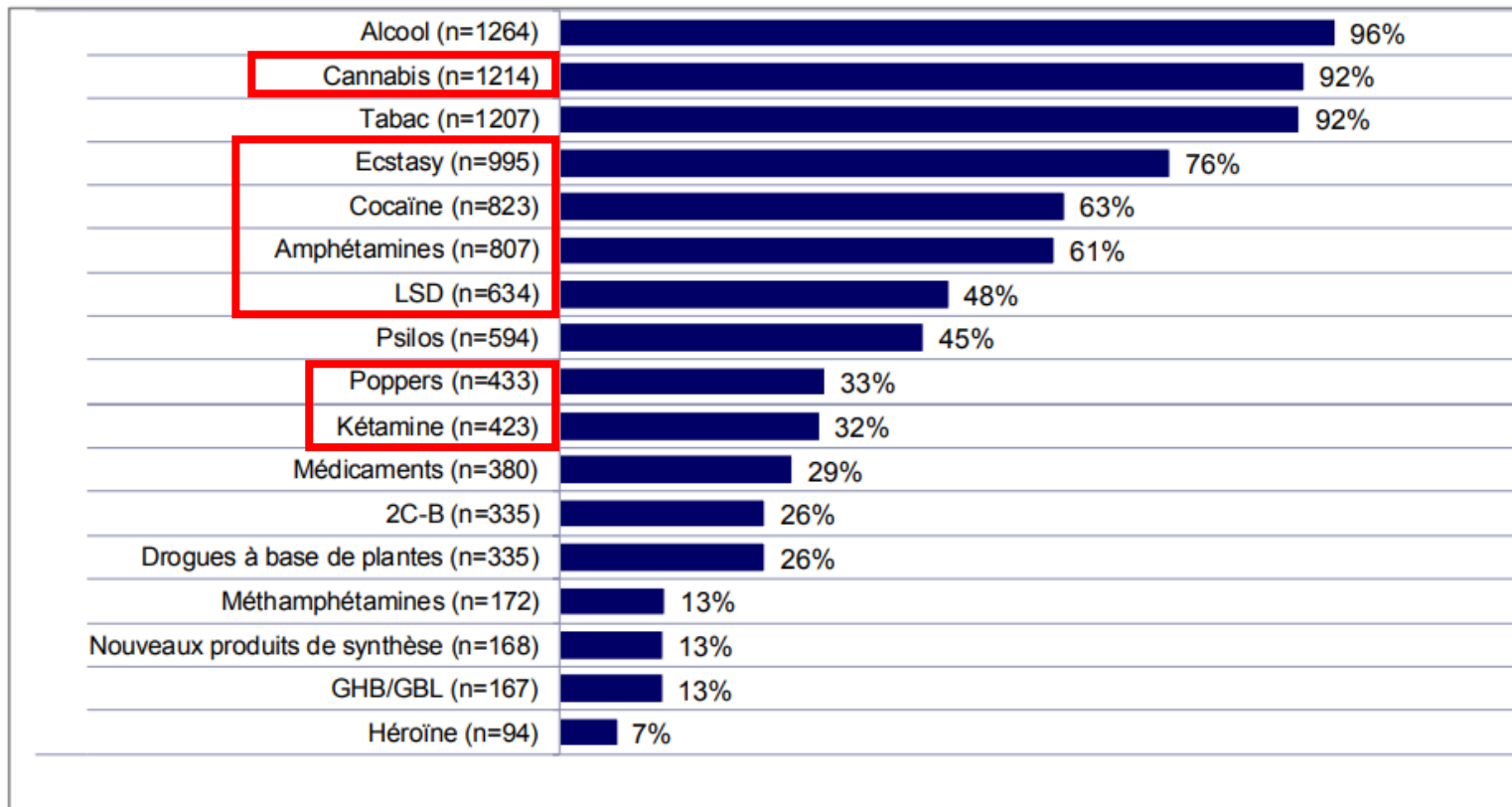
- use that has positive health, spiritual or social impact
- e.g. medical psycho-pharmaceuticals; coffee to increase alertness; moderate consumption of red wine; sacramental use of ayahuasca or peyote

Problematic

- use that begins to have negative health consequences for individual, friends/family, or society
- e.g. impaired driving; binge consumption; harmful routes of administration

Prevalence of different drugs in drugs users

Graphique 1: Prévalence à vie de différentes substances dans l'échantillon total (N=1313) (indications en %, avec nombre de réponses valables n)





CANNABIS

Recreative effects: Relaxation, stronger feelings, feelings of joy and serenity

Adverse effects: red eyes, dry mouth, vertigo, nausea and vomiting, paranoid and depressive attacks

if chronic: chronic bronchitis, psychomotor retardation, amotivation

Safer use: do not consume at school or work, avoid consuming if psychic (schizophrenia) or respiratory problem, wait patiently for the effect and do not increase the dosage



COCAINE

Recreative effects: decreased feeling of fatigue, euphoria, increased self confidence

Adverse effects: agitation, sleep and mood disorders, anxiety, muscle cramps and tremors, psychic dependence

Safer use: be aware of the danger of addiction, small amount, do not forget "clean snif" and "safer sex", avoid injection, avoid if medical condition (cardio-respiratory, epileptic,..)



ECSTASY-MDMA

Recreative effects: increased energy, disinhibition, decreased hunger and thirst

Adverse effects: constriction of jaws, tremors muscle, nausea and vomiting, hyperthermia

Safer use: chemical analysis, take 1/4 to 1/2 cp max, wait 2 hours for effects, avoid mixtures, 4-6 weeks of free-drug period at least, avoid if medical condition (cardio-respiratory, epileptic, asthma,...)

Accueil

Nuit Blanche? propose depuis ce printemps deux nouveaux services: le Drug Checking et #laperm

Nuit Blanche?, dispositif de l'association Première ligne, action de réduction des risques liés aux consommations récréatives de substances psychoactives, offre dès ce printemps, deux nouveaux services anonymes et gratuits : le Drug Checking et #laperm.

Le Drug checking, dispositif d'analyse de substances psychotropes est soutenu par les Autorités Cantonales et l'Office Fédéral de la Santé Publique (OFSP), et fait l'objet d'une collaboration avec le laboratoire du Centre universitaire romand de médecine légale (CURML). Treize ans après le premier dépôt de dossier, le Drug Checking voit enfin le jour à Genève et devient le premier dispositif de ce type en Suisse romande, avec une offre en deux volets : stationnaire et mobile. Le dispositif stationnaire ouvrira ses portes dès le 3 juin 2019. Après une première expérience positive dans le cadre de la Lake Sensation en 2017, le laboratoire mobile sera présent le samedi 6 juillet lors de la Geneva Pride. Le Drug checking est ouvert à toute personne souhaitant faire analyser sa substance en amont d'une consommation.

Complémentaire aux offres existantes, thérapeutiques ou sociales, #laperm, permanence d'accueil et d'information sans analyse, ouverte depuis le 9 avril 2019, se propose de répondre sur place, par téléphone et en ligne, à toute question en lien avec la consommation de substances psychoactives, récréative ou festive. #laperm propose un espace ressource pour les personnes fréquentant ou non le milieu festif, les mineurs (15-18 ans), leur entourage, les professionnels

drug checking

The poster features the 'nuit blanche?' logo at the top. Below it, the words 'DRUG CHECKING' are written in large, bold, white capital letters. Underneath, there is a block of text in French: 'SERVICE D'ANALYSE DE SUBSTANCES PSYCHOACTIVES VIENS FAIRE TESTER TES SUBSTANCES ET RÉDUIS LES RISQUES LIÉS À TA CONSOMMATION. ANONYME ET GRATUIT, SANS RENDEZ-VOUS'. To the left, there are two lines of text: 'Les lundis de 18h à 21h: dépôt des échantillons et entretien personnalisé' and 'Les vendredis de 18h à 21h: restitution des résultats'. To the right, it says 'LOCAL 6 Rue Jean-Jacques De Sallion 6, 1201 Genève Accès par la rue de la Sibirie Téléphone: 022 733 70 50'. At the bottom, there is an email address 'E-mail: drugchecking@nuit-blanche.ch' and a website 'www.nuit-blanche.ch'.

*Service d'analyse de substances psychoactives
Viens faire tester tes substances et réduis les
risques liés à ta consommation.
Anonyme et gratuit, sans rendez-vous*

*Les lundis de 18h à 21h : dépôt des
échantillons et entretien personnalisé*

*Les vendredis de 18h à 21h : restitution des
résultats*

Téléphone : 022 733 70 50

E-mail : drugchecking@nuit-blanche.ch

Facebook : actionnuitblanche



POPPERS

Recreative effects: muscle relaxation, insensitivity to pain, euphoria

Adverse effects: collapse of the circulatory system by dropping blood pressure, long-term memory impairment and reaction abilities

Safer use: do not take successive doses immediately (risk of collapse), avoid other substances including Viagra (risk of heart failure), avoid if medical condition (cardio-respiratory), do not drink poppers (severe burns)



METAMPHETAMINE

Recreativ effects energy, increased self-confidence, euphoria, disinhibition and increased desire

Adverse effects: High potential for dependence with physical and psychological symptoms, depressive state, aggressiveness, weight loss, skin inflammation, tooth loss, kidney and lung damage

Safer use: Plan enough time for consumption and recovery, low dosage, respect the rules of safer snif and safer sex, 4-6 weeks of free-drug period at least, avoid if medical condition



KETAMINE

Recreative effects: partial dissolution of the perception of the environment and the body is possible, total or partial insensitivity to pain

Adverse effects: coordination disorders, lack of appetite, nausea and vomiting, dizziness, difficulty speaking, stiffness of muscles, high-dose paralysis

Safer use: this is not a festive drug, low dosage, good setting, do not swim because risk of drowning, no mixture



LSD

Recreative effects: hallucinogenic, disorientation

Adverse effects: paranoia, horror trip

Safer use: good setting, low dose, plan a recovery day, max 1/month, avoid if medical condition (epilepsy,...)

GENERAL ADVICES

- Good conditions (friends, safe place)
- Know the product / test it if possible
- Small dose / wait for effects to come patiently
- No mixture
- Safe behaviour (safer sex, safer sniff)



CONSULTATION FOR STUDENTS

The Consultation for Students is part of the HUG Division of Primary Care. Patients are seen by general practitioners knowledgeable about young adults' health concerns. Our consultation also provides easy access to the Geneva hospital network specialists. Quick online scheduling is available. Consultations may take place in French or English.

For who?

- ▶ Students of the University of Geneva (UNIGE)
- ▶ Students of the University of Applied Sciences Western Switzerland of Geneva (HES-SO Geneva)
- ▶ Students of the Graduate Institute of International and Development Studies (IHEID)

Rates

Consultations are billed using the TARMED unified tariff structure.

Consultation times and appointment scheduling

From Monday to Friday, according to available slots on the online appointments portal
Online-only scheduling: hug.plus/consultationetudiants

Where?

HUG main entrance, Rue Gabrielle-Perret-Gentil 4, 1205 Geneva
Primary Care Division, Building A, 2nd floor

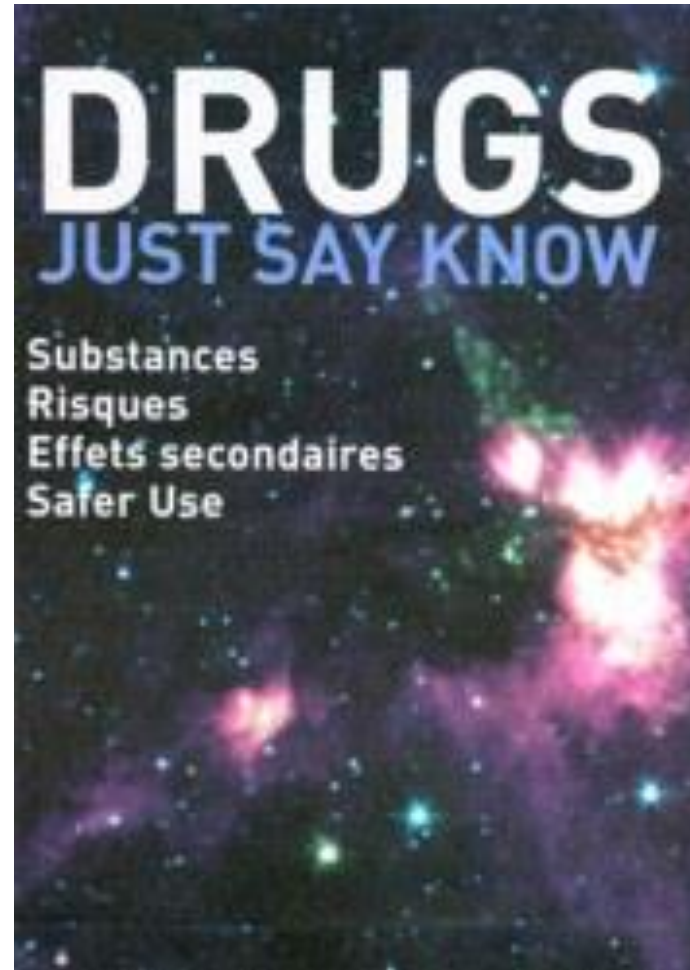
Access

Bus line 1, 5, 7 and 35, station "Hôpital" / Bus line 3, station "Claparède"

More info

Appointment.SMPR@hcuge.ch, ☎ 079 553 56 57

If you want to know more



Any questions ?



Thank you and good luck for your studies !



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