

How To Reduce the Risks of Alcohol and Drug Use

Using drugs and alcohol can have serious effects on your health, including increasing your risk of overdose. Here are some ways to practice safer alcohol and drug use:

Practice Mindful Drinking

Keep track of when and how much you drink.



Eat food and drink nonalcoholic beverages.

Avoid mixing drugs and alcohol.

Participate in activities that do not center around alcohol.



Practice Safer Drug Use and Prevent Overdose

Avoid using drugs alone.



Always have naloxone nearby in case of an overdose.



Go slow by taking small amounts.

Be aware of which drugs and how much of them you usually use, as changes to your use can affect your tolerance and increase your risk of overdose.

Avoid mixing multiple drugs.

Do not share drug use equipment, such as syringes or pipes.

Test your drugs for fentanyl, a powerful opioid that can increase your risk of overdose, using fentanyl test strips.



Get the right support for you.

- Visit a syringe service program (SSP) to get sterile drug use equipment and harm reduction services.
- Talk to your health care provider about opioid use treatment (such as methadone and buprenorphine).
- Contact 988 for free, confidential crisis counseling, mental health and substance use support, and referrals to care. Call or text 988 or chat at nyc.gov/988. Counselors are available 24/7 by phone call in more than 200 languages.

Learn more.

For more information on drug and alcohol use services, including where to get naloxone and fentanyl test strips, visit nyc.gov/alcoholanddrugs.