

# How to tell if you've been spiked.



It's not always easy to spot the signs and symptoms of spiking because they're similar to being very drunk. But it can be helpful to look out for the following:

- A sudden change in behavior (eg. being okay then seeming extremely drunk very quickly)
- Difficulty speaking, like slurred speech
- Blurred vision and problems with balance and coordination
- Confusion/memory loss/blackouts
- Hallucinations & paranoia
- Nausea and vomiting
- Passing out and not responding

## **I think I have been spiked. What should I do?**

- Tell someone you trust and ask them to stay with you.
- If you are in a bar or club, tell a member of staff or security.
- If you feel in danger or unwell call 999. Y
- If you feel able and comfortable to, make a report to the police as soon as possible. Some substances used for spiking can't be detected after 72 hours or even 12 hours, so doing this as early as possible can help the police find out what has happened.
- If you're concerned about sexual assault, services such as Rape Crisis provide support and advice to people who've experienced sexual assault and violence.

## **I think my friend has been spiked. What should I do?**

It can be very distressing to see the signs of a friend being spiked. Try to stay as calm:

- Support them to a safe space and stay with them – call another friend to help if you can.
- If you are in a bar or club, tell a member of staff or security.
- Try to prevent your friend from drinking any more alcohol.
- Keep talking to your friend to reassure them.
- Don't let them go home on their own, or with anyone they don't know and trust.
- Call an ambulance if they get worse.