

# Before You Mix, Know the Risk.

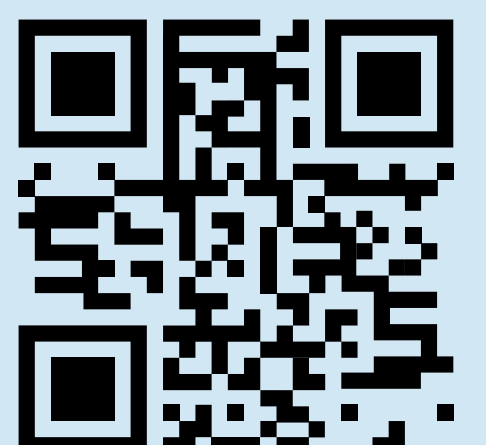
Being queer and not having supports nearby can feel lonely, and it's normal to want to feel better.

**But mixing alcohol and drugs makes it harder to deal with your emotions, and can even make you feel more sad or anxious.**



You're not alone.

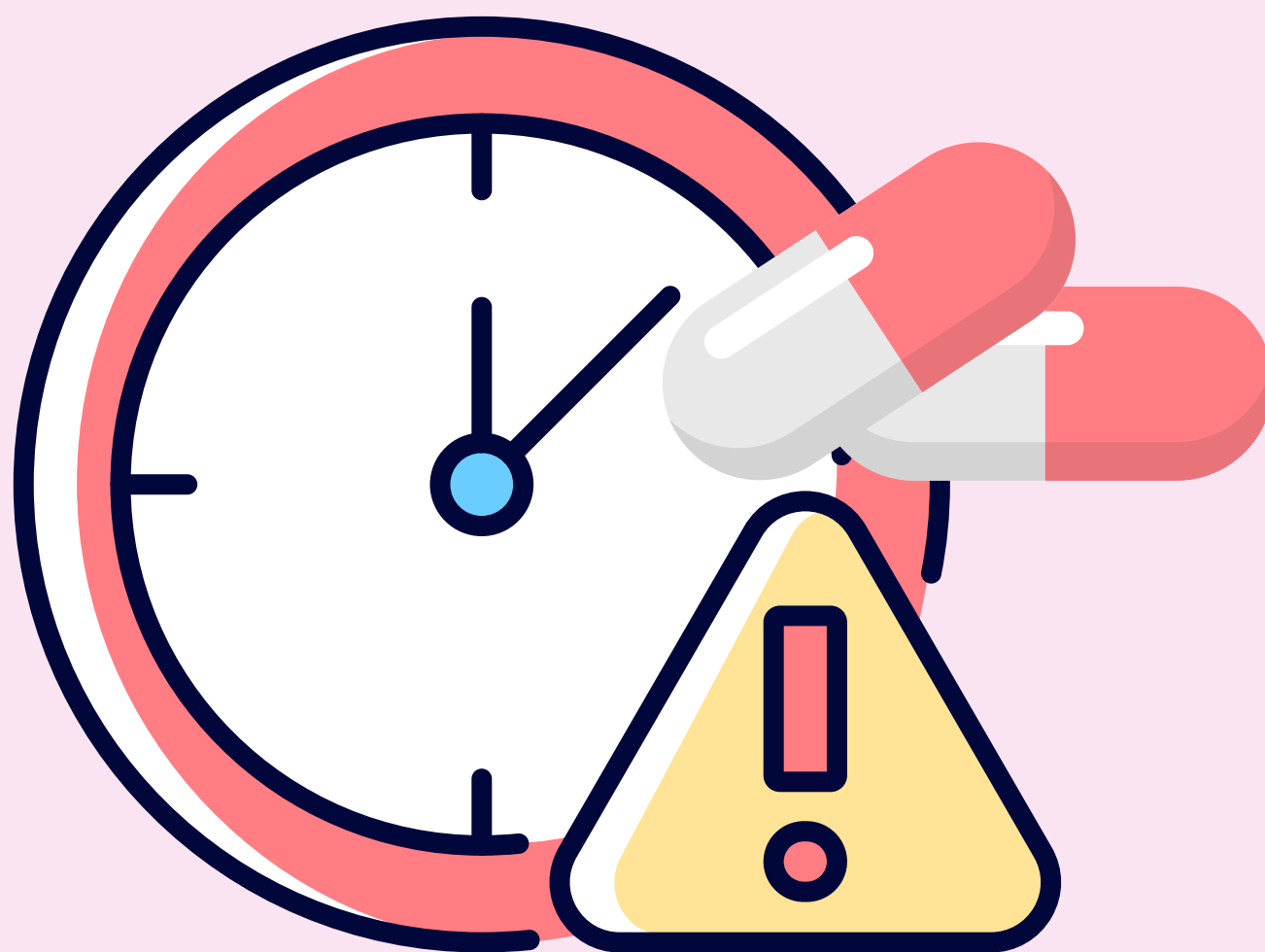
There are online groups where you can talk to people who understand you and share your feelings safely.



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Living far from cities can make it harder to get help quickly if something goes wrong.

If you mix substances, it can make your risk of overdose even higher, and you might not be able to get help in time.

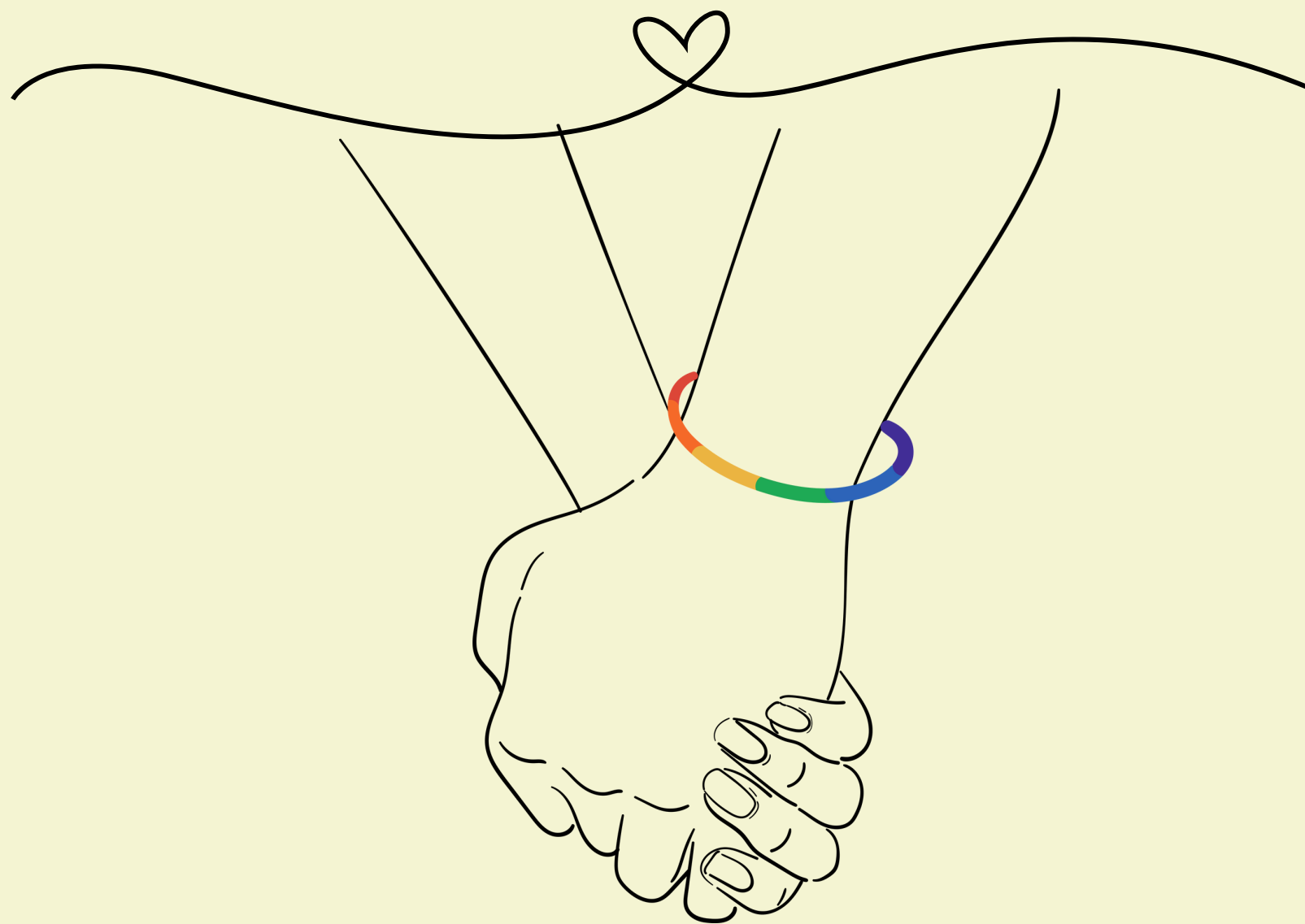


Always have someone with you, and make sure someone knows your plans.



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Queer young adults may not always have access to the health support they need, especially in smaller communities.



If you're worried about your drug and alcohol use, online queer support networks can offer a safe, private space to get advice, talk about mental health, and connect without judgment.

