Let's talk about BOOoze!

We are not here to give you any tricks, but treats when it comes to consumption of alcohol during the Halloween season. If you choose to consume alcohol, it is important to utilize risk reduction strategies to create a safe and comfortable space for you and those around you! In the spirit of Halloween, let us remind ourselves of the “tricky” effects of mixing alcohol with other drugs:

- **Alcohol + Stimulants** (ex: Adderall, Vyvanse): impairs the ability to recognize bodily signs of intoxication which increases the risk of overdose and death.

- **Alcohol + Hallucinogens** (ex: MDMA, Molly): increases heart rate and body temperatures to abnormal levels; can lead to potentially severe dehydration; increases risk of heart attack.

- **Alcohol + Depressants** (ex: Oxycodone, Xanax): slows involuntary body functions; increases risk overdose and death.

- **Alcohol + Cannabis** impairs motor skills; can create unpredictable mood swings anxiety, paranoia; can induce nausea.

- **Alcohol + Cocaine** impairs the ability to recognize bodily signs of intoxication; creates cocaethylene, which strains the heart and lungs; increases overdose or death.

It is also important to take care of your emotional health by making time to unwind, connecting with others while physically distancing, and taking breaks from social media and the news.

It is important to prioritize your mental health and seek immediate help in a crisis. Here are some helpful resources that you can turn to if you need support:

Additionally, during the trick and treat season let’s remember the eight Healthy Drinking Strategies

**CHOSE** your own drinks (alcoholic or otherwise), don’t let the pressure creep up on you

**EAT**, before you drink, Arrive with your stomach full, not hollow.

**STAY with your friends**, don’t ghost your friends, stick with the buddy system!

**HYDRATE**, or hangover, Don’t be haunted in the morning.

**TRACK**, your BOOze (number of standards drinks) if you choose to drink.

**MODERATE**, your drink consumption, one drink per ghostly hour.

**DESIGNATE**, a non-drinking driver, have a friend without any BOOze in their system to drive.