



Safer-use Strategies: Uppers/Stimulants

Stimulants are “uppers” and include cocaine, crack, meth, MDMA (Molly) and bath salts, as well as prescribed drugs like Ritalin and Adderall. Here are some tips to help you stay safer and healthier no matter how you choose to change your use. Using more safely does not mean that you remove all risks, including death, but it can help you reduce your drug-related harm. You are worth it!



For more information, contact the Harm Reduction Research and Treatment Center at 1 (855) 320-1004 or at harrrlab@uw.edu.