

LEAN

KNOW THE FACTS.
MAKE SAFER CHOICES.



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THE FACTS.
MAKE SAFER
CHOICES.

LEAN ISN'T JUST ONE DRUG. IT'S A MIX OF MEDICINES.




CODEINE
(PAIN RELIEVER)

+


PROMETHAZINE
(ANTIHISTAMINE)

+


DXM
(COUGH SUPPRESSANT)

+


SWEET DRINK

→



WHAT'S IN LEAN?

IT'S NOT JUST ONE THING.



**MIXED WITH
SWEET DRINKS**

NO STANDARD DOSE



DIFFERENT INGREDIENTS. DIFFERENT EFFECTS. DIFFERENT RISKS.

THE HISTORY OF LEAN

FROM THE SOUTH TO THE UK



1990s —
Emerges in the
Southern USA hip hop scene.



2000s —
Popularised as
sizzurp / purple drank.



2010s —
Spreads globally
through music and
the internet.



2020s —
Rising concern in the UK,
linked to social media and
easy access to medicines.



WHAT STARTED AS A CULTURE BECAME A CONCERN.
KNOW THE PAST. UNDERSTAND THE PRESENT. PROTECT THE FUTURE.



WHO USES LEAN?

ANYONE. ANYWHERE.



Young people
and students



Hip hop and
music culture



Those coping with
stress or trauma



Polysubstance
use is common



BE CURIOUS. NOT JUDGEMENTAL. BUILD TRUST. SAVE LIVES.

WHY PEOPLE USE LEAN



RELAXED



EUPHORIC



ESCAPE



FIT IN

**BUT THE RISKS
CAN BE SERIOUS.**
OVERDOSE CAN KILL.



HOW LEAN AFFECTS THE BODY AND BRAIN



CODEINE

Converted to morphine in the body.
Slows breathing, reduces pain.



PROMETHAZINE

Causes drowsiness, lowers alertness, increases sedation.



DXM

Affects brain receptors.
Can cause dissociation and hallucinations.



DIPHENHYDRAMINE

Adds anticholinergic effects —
confusion, dry mouth, rapid heart rate.



**TOGETHER THEY
CAN SLOW BREATHING,
CONFUSE THE BRAIN
AND OVERLOAD
THE BODY.**

THE RISKS ARE REAL

SHORT TERM. LONG TERM. LIFE CHANGING.

SHORT TERM RISKS



Severe drowsiness



Respiratory depression



Overdose and death



Seizures and confusion



Vomiting and aspiration



LONG TERM RISKS



Dependence and withdrawal



Liver damage (especially with paracetamol)



Memory and learning problems



Mental health decline



Heart and kidney problems

KNOW
THE PAST
PROTECT
THE FUTURE

NO DOSE IS SAFE. EVERY TIME IS A RISK.

YOU DON'T KNOW WHAT'S REALLY IN IT.

**SOME CONTAIN DEADLY DRUGS
LIKE NITAZENES.**



**ONE SIP
CAN BE FATAL.**

THE HIDDEN DANGER: NITAZENES

YOU CAN'T SEE IT. IT CAN KILL.

- ⚠ Nitazenes are ultra-strong synthetic opioids.
- ⚠ Up to 500x stronger than heroin.
- ⚠ They can be in pills, powders or medicines.
- ⚠ One tiny amount can be fatal.
- ⚠ Standard naloxone doses may not be enough.

IT ONLY TAKES ONCE.



TEST. CHECK. DON'T GUESS.



OVERDOSE? ACT FAST.

IT COULD SAVE A LIFE.



CHECK

Check response and breathing.



CALL 999

Get help immediately.



ADMINISTER NALOXONE

If available.



STAY

Stay with them.
Keep them safe.



KEEP SAFE

Recovery position if breathing.
Monitor until help arrives.



SIGNS OF OVERDOSE

- Unresponsive
- Slow or no breathing
- Blue/grey lips or fingertips
- Pinpoint pupils
- Cold, clammy skin
- Vomiting

DON'T LEAVE. DON'T PANIC. ACT.



HARM REDUCTION WORKS

SMALL CHOICES. BIG DIFFERENCE.



Don't mix drugs
(especially with
alcohol or benzos).



Use the smallest
amount.
Go slow.



Don't use alone.
Look out for
each other.



Use in a safe
place with
trusted people.



Avoid taking
medicines you
didn't get
from a pharmacy.



Check substances
when you can
(drug checking
services).



Know the signs
of overdose.



Keep emergency
numbers handy.



REDUCE RISK. PROTECT YOURSELF. PROTECT YOUR FRIENDS.



HELP AND SUPPORT IS AVAILABLE

YOU DON'T HAVE TO DO THIS ALONE.



TALK TO SOMEONE YOU TRUST

A friend, family, teacher, youth worker or GP.



LOCAL SUPPORT SERVICES

Free, confidential and non-judgemental.



TREATMENT OPTIONS

Different support options to help you take back control.



YOU MATTER

Things can get better. You deserve support.



REACH OUT. THERE IS SUPPORT AND THERE IS TREATMENT.



YOU ARE NOT
ALONE



SAFE AND
CONFIDENTIAL



WE'RE HERE
TO HELP



SUPPORT IS
AVAILABLE

KNOW
THE PAST
PROTECT
THE FUTURE





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