

Before You Mix, Know the Risk.

Alcohol and drugs can affect how hormones work in your body.



They can make hormones less effective and cause side effects like mood swings, fatigue, headaches, or changes in your appetite.

Listen to your body and know your limits.



Before You Mix, Know the Risk.

Trans and non-binary young adults deal with a lot, like feeling uncomfortable in your body, being treated unfairly, or feeling left out.

Mixing substances might seem like a way to cope, but it can be harmful and lead to addiction.



You are not alone.

Connect with a community that respects your identity.



Before You Mix, Know the Risk.

**Mixing substances can lower inhibitions
and make it harder to recognize
unsafe situations.**



If you plan to use alcohol or drugs, stay close to people you trust and who affirm your identity.

Having someone who looks out for you can help you avoid harm.

