

**catch
22**

SPIKING

Self-help booklet



What is Spiking?:

Spiking occurs when someone secretly gives you alcohol, drugs, or other substances without your knowledge or consent.

Spiking often takes away a person's control. It may be done to make it easier for the perpetrator to rob, harm, physically attack or sexually assault someone.

Spiking can happen via:

- **Substances such as 'date-rape drugs' or recreational drugs slipped into your drinks (this is the most common form of spiking),**
- **Substances that can be slipped into your food,**
- **Cigarettes or vapes laced with drugs or other substances**
- **Needles or injections of drugs.**

Common signs of spiking:

- **Suddenly feeling more drunk or intoxicated than usual after feeling okay earlier,**
- **Unusual feelings of nausea or vomiting,**
- **Blurred vision or feeling faint or unusually sleepy,**
- **Loss of balance or coordination,**
- **Confusion or memory loss or black out,**
- **Hallucinations and paranoia,**
- **Passing out and not responding.**

This list is not exhaustive, and different people may experience varying signs of spiking. So, please be mindful of any warning signs.

What can you do?

To prevent spiking:

- Always keep your drinks with you or keep an eye on them.
- Bottle-stops or drink toppers can be used to deter spiking, your Catch22 Victim Service may be able to provide free bottle-stoppers.
- Keep an eye out if your drink has a foggy appearance or it has changed taste and/or colour.
- Do not accept drinks, food, vapes or cigarettes from strangers.
- Directly get your drinks from the bar or try to see when your drink is being prepared.

If you think you have been spiked:

- If you think you have been spiked, tell someone you trust and ask them to stay with you and get to a safe place.
- If you are in a bar or club, tell a member of staff or security.
- If you are in danger or feel unwell call 999.
- If you met the perpetrator via a dating app, report their profile or account to the company.

If you think someone else has been spiked:

- If you are in a bar or club, tell a member of staff or security
- Stay with the person and get them to a safe space, ask for support from those around you or another friend if possible.
- Don't let them go home on their own or with someone they don't know, if possible, ensure they get home to a place of safety.
- If you are concerned and feel they may need medical assistance, call 999

If you think you have been spiked and are concerned about a possible sexual assault, visit your local Sexual Assault Referral Centre (SARC). SARCs offer confidential medical, practical and emotional support. This can include completing a forensic medical examination, this is where any forensic evidence can be collected, you can access this whether you decide to report to the police. To find out more about SARCs and find your local one visit - [Find a rape and sexual assault referral centre - NHS](#)

What can Catch22 Victim Services do?

Through our victim services, we are here to support anyone who has been affected by spiking. Our person-centred approach aims to empower and build resilience; we provide the necessary tools to navigate your recovery journey and move forward from the impact of crime. Support offered by our victims' services is free, independent and confidential, and available to victims and witnesses regardless of whether the crime has been reported or not.

We can help in the following ways:

Emotional support

Practical Support including crime prevention and safety advice

Advocacy

Support through criminal justice processing

Signposting and onward referrals

Access to Restorative Justice

Useful organisations

[Stamp Out Spiking](#) - is an independent charity that aims to raise awareness about spiking and help prevent it. They offer numerous resources such as bottle stoppers or Nightcaps for your glasses.

[Spiking – what to look for and how to stay safe](#) - provides information and advice about spiking

[Spiking: factsheet - GOV.UK](#) - provides information about spiking and what to look out for

Reporting

You can also report to the police:

- In an emergency always call 999.
- In a non-emergency call 101
- Report online - [Contact us | Police.uk](#)
- Visit a local police station
- To report a crime anonymously, contact Crimestoppers at 0800 555 111, or visit [Independent UK charity taking crime information anonymously | Crimestoppers](#)

How to contact our victim services:

Catch22 Victim Services

To find out more about the victim services that we deliver and to access support visit:

[Victim services | Catch22](#)

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