

# FOR FURTHER INFORMATION

For Drug Information  
"Know the Score"

help-line on

**0800 5875879**

or visit

**knowthescore.info**

Alcohol Focus Scotland

help-line on

**0141 572 6700**

or visit

**www.alcohol-focus-scotland.org.uk**

Crew 2000

help-line on

**0131 220 3404**

or visit

**www.crew2000.org.uk**

Osprey House

**01463 716888**

Youth Action Service

Tel:

**01463 256603**

Mob:

**0791 755 4450**

Email:

**Jane.Murphy@highland.gcsx.gov.uk**

## EMERGENCY!

- Don't use alone
- Make sure people know what you are using
- Avoid mixing drugs – including alcohol
- Try and buy from a trusted source
- Look after your mates
- Seek help if you need it and be honest about what you have taken
- If someone becomes ill – stay with them, stay calm, keep them calm and don't allow them to take anything else. If they get worse or pass out call 999, put them in the recovery position and stay with them until help arrives... don't run away they need you (you won't get into trouble so long as you don't have any illegal drugs on you)

## EMERGENCY!



**DRUG & ALCOHOL INFORMATION**

**STAY SAFE  
MAKE SURE YOU  
KNOW THE FACTS**



## COCAINE AND CRACK COCAINE

Cocaine is a strong stimulant drug, and Crack is chemically altered cocaine and is more addictive. People using it can experience a high with increased alertness, focus, sex drive, heart rate and breathing, as well as decreased appetite, aggression, and paranoia. Comes in a white crystalline powder and is usually snorted but it can be swallowed in a cigarette paper. Injecting is strongly discouraged due to the risk of vein damage or getting HIV/Hep C. Snorting can lead to permanent nose damage.

**HARM REDUCTION** - Eat and sleep well before and after taking cocaine to replace energy and nutrients lost during use, and avoid mixing with other drugs especially downers such as heroin (known as 'speedball') as this can cause more strain on your heart and may mask the effects of an overdose.

## CANNABIS

Cannabis is a hallucinogenic drug. Small amounts and occasional use can make you feel relaxed, and more creative and sociable. With larger amounts or more frequent use you may feel tired, withdrawn and anxious. It can also cause dizziness and nausea. It is mostly smoked in a joint, pipe or bong and can also be eaten. It can be detected in your body for 30 days after use.

**HARM REDUCTION** - Holding in smoke doesn't increase the effects but it can do more damage to your lungs. Wait at least 1 hour before re-dosing to ensure there are no bad effects.

## NEW PSYCHOACTIVE SUBSTANCES (NPSs)

There has been very little research in to the effects of NPS's but we know the health risks are similar to drugs like cocaine, ecstasy and amphetamine. Risks include reduced inhibitions, drowsiness, excited or paranoid states, psychosis, hallucinations and seizures. They have been linked to emergency hospital admissions and in some cases deaths.

They were previously known as 'Legal highs' but this can be misleading because they have actually been found to contain substances that are in fact illegal. However, NPS's can be riskier as they are unknown and many 'legal' products can be purer (not cut with other things) so can be a lot stronger.

**HARM REDUCTION** - Users are advised to dose carefully, start low go slow! Control doses by measuring amounts. Use accurate scales; don't judge by eye! Try a test dose (a small dab with your pinkie) and wait at least 2 hours before re-dosing to ensure there are no bad effects.

## MIXING

Mixing substances can increase the risk of harm and even create new substances. For example mixing cocaine and alcohol creates a substance called cocaethylene which could put additional strain on your heart and liver. The same principles apply when taking NPSs with bevvie or mixing stimulants (speed, cocaine, MDMA) with (alcohol, benzos).

Please be careful and see how you get on with small doses if you are determined to mix. Not mixing substances can be a cheaper, safer and more memorable night!

## ECSTASY (MDMA)

Ecstasy pills vary widely in strength and colour and often contain other drugs which can be more toxic. MDMA is a stimulant drug which can make you feel happy, high and close to others. It also increases your heart rate and body temperature. People using it can experience muscle/jaw tension, difficulty urinating, nausea and confusion. Comedowns last 3-4 days and can leave users feeling very low and irritable.

**HARM REDUCTION** - Start with half a pill and wait at least 2 hrs before re-dosing. More than 1 pill may not mean more effect but it does mean there is further to comedown. Take regular breaks if dancing and replace fluids by sipping water regularly (no more than 1 pint an hour). Chill out regularly and cool down to avoid overheating.

## ALCOHOL

Alcohol is a depressant drug which can make you feel calm and relaxed. People using it can feel more outgoing and have increased confidence as well as feeling drowsy, confused and sick. It can also lead to dependency if used regularly and to excess. The recommended daily dose for women is 2-3 units (two 25ml measures of a spirit, or 175ml wine). For men it is 3-4 units (one pint of normal strength beer/cider or two 330ml bottles of beer). You should also have at least 2 free alcohol days a week. Alcohol can also lead to problems with family, friends and money.

**HARM REDUCTION** - Drink slowly and take soft drinks between alcoholic drinks. Drink a pint of water before bed and during the night to keep yourself hydrated.