

# Synthetic Cannabinoids

## Harm Reduction

### MH Problems:

- Don't use if prone to MH problems or have history of mental illness.
- Don't use excessively or at high doses;
- Discontinue use if causing anxiety
- Reassure people who are experiencing anxiety during use
- Seek help if experiencing severe or persisting mental health problems.

### Respiratory problems

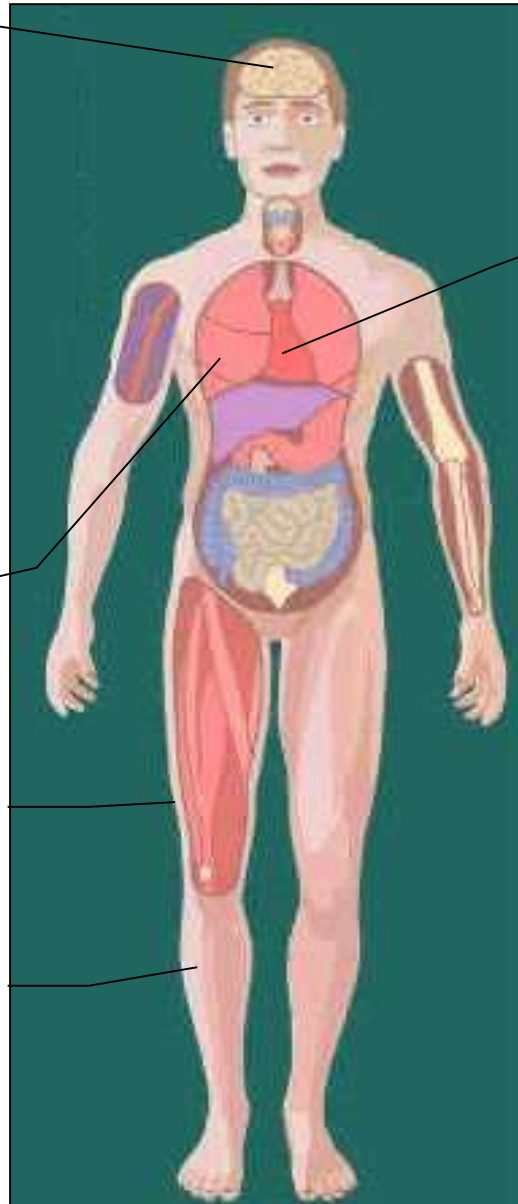
- Discontinue use if this occurs
- In first instance treat as for panic attack;
- Seek medical help if symptoms persist, especially if symptoms including swelling of throat.

### Accidents

- Don't drive/operate machinery;
- Don't use in dangerous locations

### Convulsions

- Don't try and restrain someone experiencing convulsions;
- Try to cushion head and keep person safe; call 999



**Heart:** can cause irregular heartbeat straight after use; this usually goes away after 30-60 minutes. May also increase heart-rate significantly. Avoid stimulants or exercise when using. Seek medical help if they persist or experiencing chest pains.

### General

- Start with small doses (a match-head size portion or less) especially when trying new products;
- You can never be certain which chemicals are in a specific product
- Escalate doses with caution
- Don't use in bongs
- Don't use too frequently or in long binges
- Have regular breaks from use
- Remember "bottom of the bag" material may well be more potent
- Be aware of risks of dependency
- Long term risks unknown
- Be aware of accidentally ingesting in shared spliffs, dog-ends, contaminated weed etc