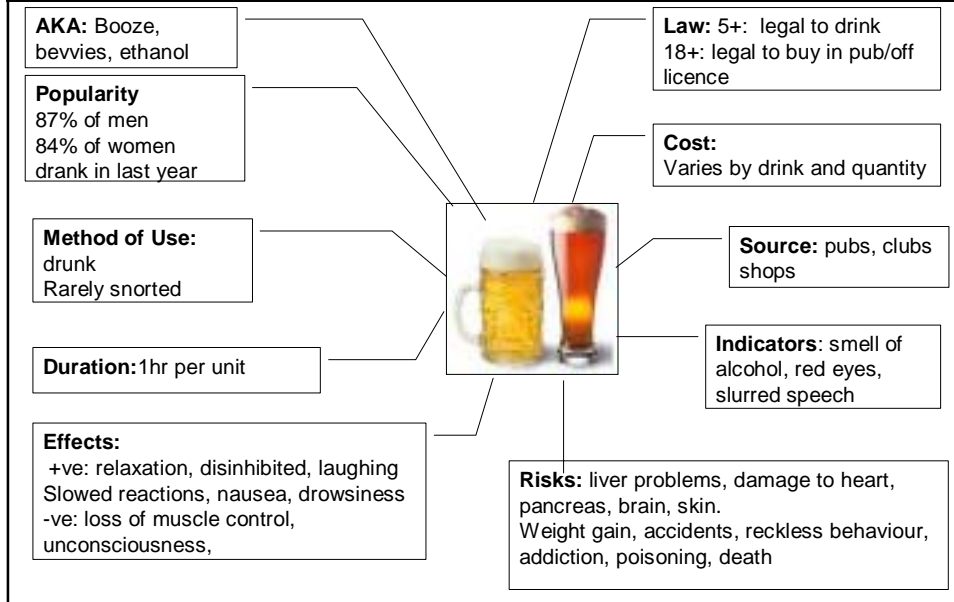
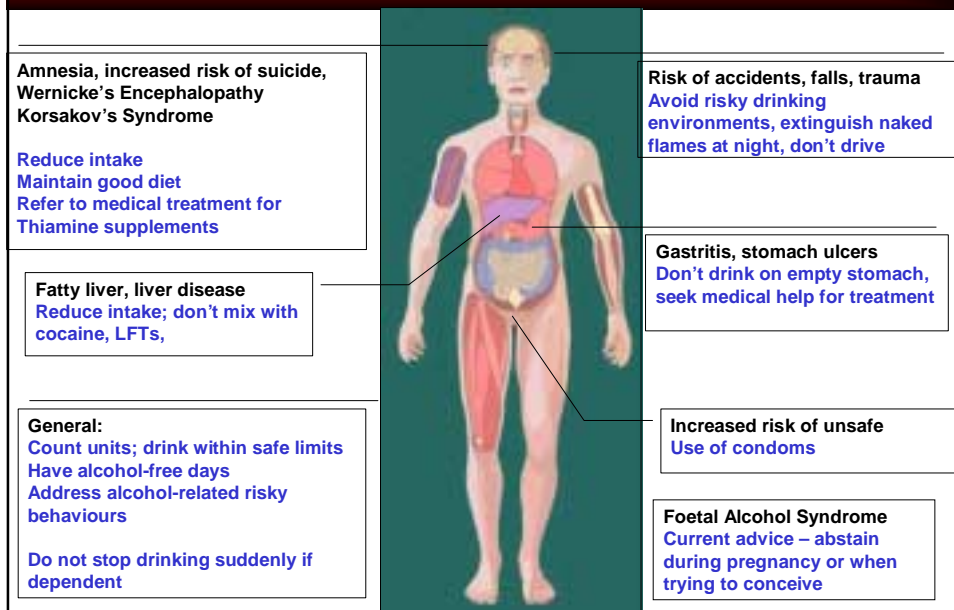


Alcohol



Alcohol Harm and Reduction



Anabolic Steroids



AKA: juice, roids, Test, Sust, Deca and other names

Popularity 0.3% of 16-24 in last Yr

Method of Use: swallowed, muscular injections

Duration: ½ - 7days+ depending on type

Effects: +ve: energy, muscular development, assertive
-ve insomnia, irritability



Law: Class C: Sch: 4ii

Cost: Varies according to drug £2-50+ per dose

Source: Manufactured – sold via Internet and gyms

Indicators: muscular growth

Risks: Men: impotence, testicular shrinkage, prostate cancer, high blood pressure, acne, baldness, breast growth

Women: deeper voice, face and chest hair, fertility probs

Anabolic Steroids Harm and Reduction

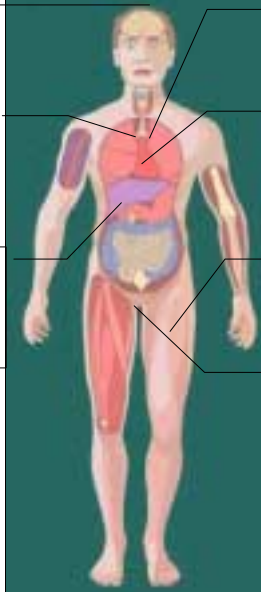


Risk of aggression and insomnia
Relaxation techniques; anger management

Gynecomastia – male users at risk of
Avoid compounds that convert to oestrogen;
use oestrogen blockers

Liver – damage from use of steroids
Avoid use of 17AA compounds;
measure liver function before, during and after cycle;
use liver detoxifiers

General:
Do your research;
Watch for fake drugs
get all required drugs at start of cycle
Maintain healthy diet, training and rest regime
Ensure plenty of time off-cycle




Skin – risk of Acne
Avoid stronger androgens
Use of anti-acne medications

High blood pressure/heart problems
Avoid stimulants; have BP and Cholesterol monitored; watch for nose bleeds and headaches

Injecting: risk of abscesses, BBVs
Develop good technique; don't share; ensure hygiene

Sex, STDs Genitals
Men: testicular atrophy, reduced libido – use of Post cycle treatments
Women: clitoral hypertrophy, fertility problems: avoid strongly androgenic compounds
Use of condoms

Benzodiazepines

AKA: benzos, Valium:
blues, vallies Temazepam:
eggs, Temazies,

Law: Mostly Class C,
Schedule 4i

Popularity 0.7% 16-24 yr olds
used in last year (non
prescribed)

Cost: 50p - £1 if
bought on street

Method of Use:
swallowed, some
people inject them

Source: prescribed,
internet, street


Duration: 2-12hrs+
depending on type

Indicators: drowsy,
slow reactions, calm

Effects: +ve: relaxation, calm,
drowsiness
-ve Anxiety, disinhibition, anger

Risks: dependency, overdose
(espec. If mixed with alcohol)
reckless behaviour

Benzodiazepines Harm and Reduction

Addiction; serious withdrawal symptoms

If using for extensive periods, don't
withdraw suddenly

Don't use for extended periods if
possible

Tablet formulation
Don't inject
if injected, filter thoroughly

General:
Know tablet strength
don't mix
Don't use continuously
Seek medical help in withdrawal

Risk of accidents, falls, trauma
Don't drive, operate machinery
etc

Risk of Overdose
Avoid mixing with opiates,
alcohol

Betel/Areca/Paan



AKA: paan, betel, catechu

Law: legal in UK

Popularity: popular across Asia; users in the UK from Indian sub-continent

Cost: £4-100gm

Method of Use: chewed – with betel leaf and lime, and spices, or tobacco



Source: grown in India, Sri Lanka etc; sold in UK via some Asian stores

Duration: 30mins

Indicators: red staining to lips, gums and teeth
Red spittle

Effects:

+ve: mild stimulant, freshens mouth, aids digestion, more alert
-ve: anxiety

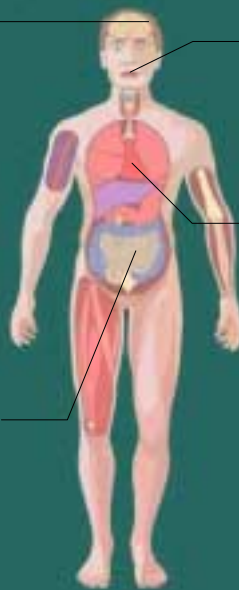
Risks: anxiety, reduced appetite, insomnia, tooth/gum damage, oral cancers

Betel Harm and Reduction



Disrupted Sleep; Anxiety

Reduce intake
Try to ensure adequate sleep
Awareness of warning signs
Reduce or stop when becoming too anxious
Don't use in evenings



Tooth and Gum Damage; Oral Cancers

Don't use with tobacco
Don't use excess lime
Maintain good dental Hygiene
Regular attendance at dentist

Heart Failure/high blood

don't exert after using
Don't mix with stimulants
avoid if history of heart problems
Don't mix with other drugs which raise BP

Weight loss –
maintain proper diet
Reduce use if losing too much weight

General:

May interact with anti-depressants;
May worsen MH problems

Don't use if experiencing poor mental health, or taking medication

Cannabis



AKA: herb, resin, weed, skunk, puff, dope, ganj, marijuana, hemp, resin, black, hash, sensi

Law: Class B, Schedule 1

Popularity
48% of under 30's have used at least once
16% used in last month

Cost: £10 – 1/16th oz
£60-120oz

Method of Use: smoked in 'spliffs' with tobacco, in pipes, bong; also eaten and drunk

Source: Homegrown, Imported from Europe, Africa, Asia

Duration: smoked 1-2hr eaten: 3-6hr

Indicators: red eyes, husky voice, smell of burning, dismantled cigarettes, torn card, munchies

Effects: +ve: relaxation, calm, hilarity, altered perception
Munchies, drowsiness
-ve Anxiety, panic attacks, nausea

Risks: Apathy, lethargy, short term memory loss, increased risk of mental health problems, lung problems



Cannabis Harm and Reduction



Risk of mental health problems, psychosis

Reduce intake
Adhere to meds if required
Avoid stronger strains of cannabis
Know warning signs

Risk of accidents, falls, trauma

Avoid risky drinking environments, extinguish naked flames at night, don't drive

Lung problems

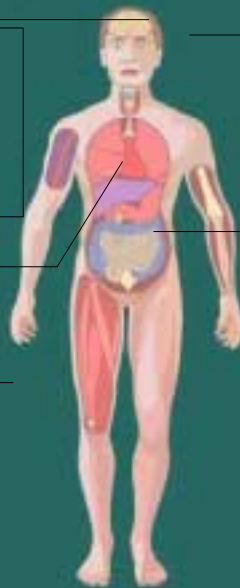
Don't smoke
Avoid use of tobacco
Use water pipes or similar

Weight gain

Use 'healthy' munchies

General:

Don't smoke every day
Reduce strength/amount smoked



Amphetamines



AKA: speed, whizz, billy, sulph. Ice, glass, shard, meth, Base

Popularity 3.3% of 16-24 in last Yr

Method of Use:
Sulphate: snorted, rubbed on gums, IV, swallowed
Ice/base: smoked, swallowed, IV

Duration:
 speed 2-3hr
 ice: 12-24hr

Effects:
 +ve: alert, energetic, awake, confident
 Less appetite, talkative
 -ve Anxiety, paranoia, nausea

Law:
Sulph: Class B, Schedule 2 (Class A if injected)
Ice: Class A

Cost:
 £10gm -speed
 £30-60 - ice

Source:
 Manufactured in UK and Europe

Indicators: Indicators:
 dilated pupils, restless, talkative, anxious, grinding teeth

Risks: weight loss, insomnia, tooth damage, nasal damage, mental health problems,



Cocaine and Crack



AKA: Cocaine, charlie, coke, snow, Crack: rock, freebase, white, stones

Popularity Cocaine: 6% of 16-24 in last Yr
 Crack: 0.4%

Method of Use:
Hydrochloride: snorted, rubbed on gums, IV,
crack: smoked, swallowed, IV

Duration:
 sniffed 1-2hr
 smoked: 15mins

Effects: +ve: alert, energetic, awake, euphoric, confident
 Less appetite, talkative
 -ve Anxiety, paranoia, delusional

Law: Class A; Sch 2

Cost:
 Cocaine: £30-60gm
 Crack: £5-10/rock


Source: Processed from COCA plant in S. America. Crack made in UK from Cocaine

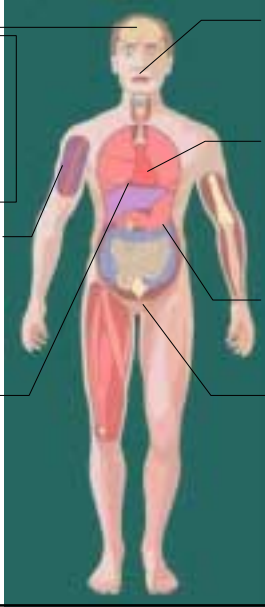
Indicators: dilated pupils, restless, talkative, anxious, grinding teeth

Risks: weight loss, insomnia, tooth damage, nasal damage, mental health problems, addiction, Lung Damage (if smoking crack), convulsions, heart failure, high blood pressure, death




Cocaine Powder/Amphetamine Powder Harm and Reduction

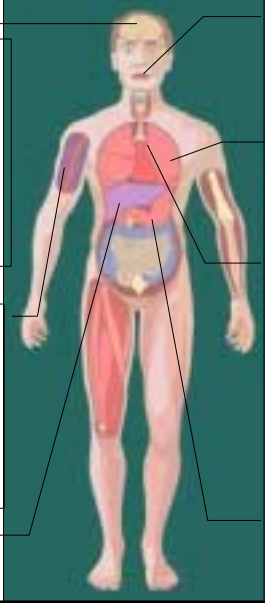




<p>Anxiety, paranoia, psychosis, insomnia</p> <p>Reduce intake Try to ensure adequate sleep Awareness of warning signs Reduce or stop when becoming too anxious</p>	<p>Damage to nose and gums rinse area after use move to another area if bleeding Don't share tubes</p>
<p>Injecting complications: Numbs injecting sites; acidic Don't share; don't acidify Keep needle dry before injecting Large number of needles for repeat injections</p>	<p>Heart Failure/high blood pressure don't exert after using Don't mix with stimulants avoid if history of heart problems Don't mix with other drugs which raise BP</p>
<p>liver disease Don't mix with alcohol</p>	<p>Appetite suppression/weight loss Breaks from use, Good diet</p>
<p>Dependency: Take breaks from use Reduce frequency from use Watch for self-medicating out of come-downs</p>	<p>Increased risk of unsafe sex Use of condoms Use of lubricant Avoid using with viagra</p>


Crack Cocaine Harm and Reduction





<p>Anxiety, paranoia, psychosis, insomnia</p> <p>Reduce intake Try to ensure adequate sleep Awareness of warning signs Reduce or stop when becoming too anxious</p>	<p>Lips and teeth: use heat-proof mouthpiece Use lip balm Don't share pipes</p>
<p>Injecting complications: Numbs injecting sites; Inject cocaine powder if possible Don't share; will need acid Keep needle dry before injecting Large number of needles for repeat injections</p>	<p>Lung damage, "crack lung" Use glass pipes, steel gauzes Avoid ash, plastic</p>
<p>liver disease Don't mix with alcohol</p>	<p>Heart Failure/high BP: Long binges are risky – stop when it isn't rewarding don't exert after using Don't mix with other stimulants Avoid if history of heart problems Don't mix with other drugs which raise BP</p>
	<p>Appetite suppression/weight loss Breaks from use, Good diet</p>

Ecstasy



AKA: MDMA, E, Eccies, Tabs, Pills, XTC.
Doves, apples, mitsubishi, etc

Law: Class A, Schedule 1

Popularity
4.3% of 16-24 yr olds used in last year

Cost: £2-5/tablet

Method of Use: swallowed, MDMA powder - snorted


Source: made in Europe

Duration: 3-5hrs


Indicators: dilated pupils, grinding teeth, sweaty, happy mood

Effects: +ve: energetic, mild hallucinations, positive mood
-ve Anxiety, panic attacks, nausea

Risks: Heat stroke, liver/kidney failure, heart failure, reaction to pill, excess water intake, convulsions/fits, low mood in comedown, depression, death



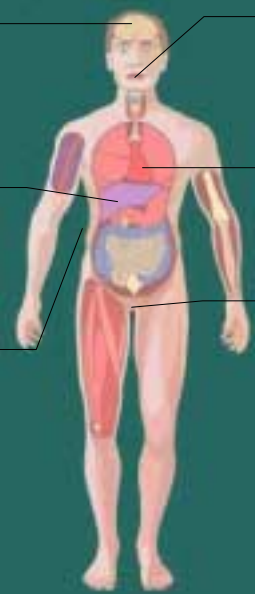
Ecstasy Harm and Reduction



Risk of depression
Only use infrequently
Maintain good diet
Avoid if prone to depression

Liver failure
Reduce intake;
don't mix with alcohol;
don't take several at a time

Heat-stroke:
Chill out; don't dance constantly
Don't wear a hat
Water Intoxication
Don't drink too much;
Sip pint of water per hour max




Tooth/gum damage
Chew gum; don't grind teeth

Heart Failure:
Don't use with other stimulants
avoid if there is history of heart problems

Increased risk of unsafe sex
Use of condoms

Risk of bad pills
ask around
Check websites
Use less to start with
Don't buy in clubs

GHB/GBL

AKA: GBH, Liquid Ecstasy

Popularity: Not included in BCS

Method of Use: swallowed

Duration: 30-60mins

Effects: +ve: euphoric, drunk, disinhibited, amnesia
-ve drowsy, nausea, unconscious

Law: GHB: Class C, Schedule 4i
GBL: Legal

Cost: £40/250ml

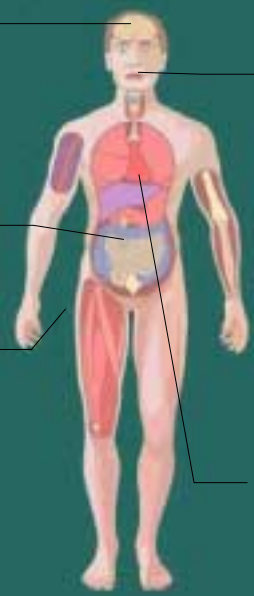
Source: GBL – industrial cleaner – sold on line
Superglue remover

Indicators: Drowsy, unconscious

Risks: unconsciousness, coma, death, physical addiction, assault while intoxicated

GHB/GBL

Harm and Reduction

Risk of dependency
Don't use frequently or regularly
If dependent don't stop suddenly
Seek medical advice re stopping if dependent


Liver failure
Reduce intake;
don't mix with alcohol;
don't take several at a time


Vulnerability
Risk of confusion, drowsiness, unconsciousness when using
Also amnesia – you may not be able to recall what has happened
Don't use unless in a place where you are 100% safe
Only use with people you trust 100%

Drink Spiking
Don't leave drinks unattended
Be cautious accepting open/poured/mixed drinks from people you don't know and trust
GHB/GBL has a salty taste – discard a drink if it tastes wrong
If you feel drowsy or dizzy get the bar manager or trusted friend to get you to a place of safety – only use a registered Cab

Overdose: don't use with alcohol, benzos or other downers;
Use very small amounts

Heroin





AKA: brown, skag, smack, gear,

Law: Class A, Schedule 2

Popularity 0.2% of 16-24 in last Yr

Cost: £10/bag (1/10gm)
£60/gm

Method of Use: smoked - *chasing the Dragon/booting*
Injected, Rectal

Source: Processed from poppies in Afghanistan


Duration: 6hrs

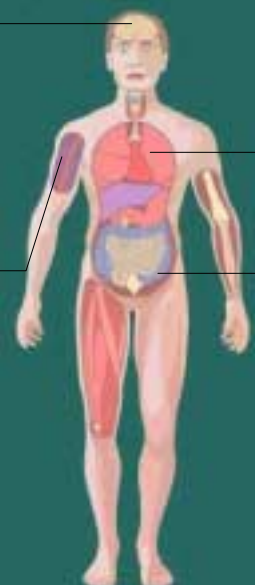
Effects: +ve: calm, relaxed, euphoric, drowsy, pain relief
Suppressed cough, itchy skin, constipation

Indicators: constricted pupils, drowsy, itching, "nodding" off, slow pulse, shallow breathing

Risks: addiction, overdose, injecting complications, death

Heroin Harm and Reduction





Dependency
Use infrequently if not dependent


Cough Suppression; risk of pneumonia and bronchial probs
Check-ups, prompt treatment for chest infections

Injecting Risks
Smoke or rectal instead
don't share, injecting technique
Rotate sites

Constipation
Diet, supplements
Massage, medical help

Overdose:
Watch for tolerance dropping
Use with company
Don't mix with other drugs
Retitrate when moving from smoking to injecting

Methadone

AKA: meth, juice, green, linctus

Popularity 0.1% of 16-24 in last Yr (non-prescribed)

Method of Use: swallowed; ampoules for injection

Duration: 24-36hrs

Effects: +ve: relief of withdrawal symptoms, mild euphoria, pain relief, calm
Suppressed cough, itchy skin, constipation

Law: Class A, Schedule 2


Cost: Free if prescribed; £10-20 on street

Source: synthetic manufacture; prescribed to treat heroin addiction; sold on streets too

Indicators: Prescribed dose: constricted pupils, itching. High dose: drowsy, "nodding" off
slow pulse, shallow breathing

Risks: addiction, overdose, tooth damage

Methadone Harm and Reduction

Dependency
Use infrequently if not dependent

Injecting Risks
Don't inject methadone mixture
Don't inject tablets – if you do filter them thoroughly
Consider diluting ampoules or using in a muscle to reduce vein damage

Overdose:
Don't use more than one day's dose at a time
Don't use on top – if you do use a lot less
Don't mix with alcohol, benzos
Don't use alone


Toothcare: chew gum, rinse mouth, consume through a straw, dental check-ups

Cough Suppression; risk of pneumonia and bronchial probs
Check-ups, prompt treatment for chest infections

Constipation
Diet, supplements
Massage, medical help

General:
Keep methadone away from children;
Seek guidance about driving on methadone
Reduce from methadone gradually

Ketamine



AKA: K, Super K, Vitamin K

Law: Class C, Schedule 4i

Popularity Not included in BCS 05/06

Cost: £20/gm

Method of Use: snorted, injected swallowed


Source: imported from Asia, European manufacture, vets

Duration: 2-3hrs


Indicators: partially paralysed, not speaking or moving much, dilated pupils

Effects: +ve: hallucinatory, altered thinking
-ve: nausea, paralysis

Risks: nausea, MH problems, hurting self while intoxicated




Ketamine Harm Reduction



Risk of Mental Health problems:
 Avoid if prone to mental health problems
 Don't use if feeling anxious or depressed
 Don't use in conjunction with other psychoactive compounds
 Use in company of trusted friends


General:
 Be cautious when ingesting white powders – especially if you DON'T want to take ketamine.
 If you are looking for MDMA or Cocaine be careful of being offered K by mistake
 Cocaine will rapidly numb the tip of the tongue if placed against it; ketamine won't
 Consider using EZ-test if buying E/MDMA
 if you start to feel heavy-limbed it's probably ketamine; get to a safe place




General: Risk of nausea and vomiting;
 Don't use with alcohol
 Place user in recovery position when using/intoxicated

While Intoxicated:
 You are vulnerable and less sensitive to pain!
 Stay with people you know and trust to look after you;
 Don't mix ketamine with other drugs, especially cocaine as this is more likely to make you reckless
 Don't try and lift heavy items;
 Don't use in high-risk environments
 Be careful of hazards like sharp things, glass, fire etc

Khat





AKA: qat, khat, chat, miraa

Law: Legal in UK

Popularity
Not included in BCS 05/06
Most popular amongst Yemeni, Somalia, Ethiopian and Eritrean men

Cost:
£5/bunch

Method of Use:
chewed, drunk

Source: grown in Ethiopia, Eritrea, Kenya. Sold in shops, online in UK


Duration: 2hrs

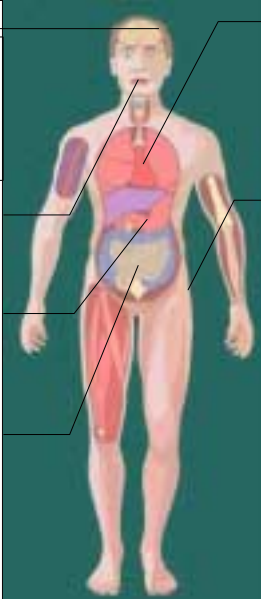
Indicators: green spit and teeth, chewing plant, energetic, talkative

Effects: +ve: talkative, energetic, lively
Reduced appetite, sleepless
-ve: anxiety panic

Risks: MH problems, insomnia, anxiety, tooth damage, weight loss

Khat Harm and Reduction





MH Problems – be aware of warning signs – anxiety, paranoia
Use less frequently
Get enough sleep
Stop when feeling anxious
Don't use if prone to Mental Illness

Heart Probs/blood pressure
Avoid chewing with medicine that elevates BP
Avoid if prone to heart problems


Tooth and Jaw damage
Don't chew excessively
Regular dental checkups

General
only use in moderation
Don't use everyday
Don't use for long periods of time
Maintain other social interests and links
Don't take khat in to other countries

Stomach upsets
wash plant before chewing
Wash hands

Weight loss –
maintain proper diet
Reduce use if losing too much weight

LSD




AKA: Acid, tabs, trips, Strawberries, Ohms, Barts etc

Popularity
0.9% of 16-24 in last Yr

Method of Use: swallowed, held in mouth

Duration: 8-12hrs

Effects: +ve: hallucinatory, altered thinking
-ve: panic, scary visions or thoughts



Law: Class A, Sch.1


Cost: £2/tab

Source: made in Europe, UK

Indicators: dilated pupils, delusional behaviour, altered thinking

Risks: MH Problems, accidents when intoxicated

LSD Harm and Reduction




Risk of mental health
Avoid if prone to mental health problems

Only use infrequently

Don't use when experiencing episodes of poor mental health

Allow lots of time for recovery

Don't use other psychoactive compounds along with LSD



LSD Strength
only use a small amount initially

If unsure of strength or unused to LSD use as little as quarter of a tab to ascertain strength

Allow time for acid to work before taking more

Accident risk:
Don't use in high-risk environments

Have sober friends to hand

Do NOT attempt to drive while or after using LSD

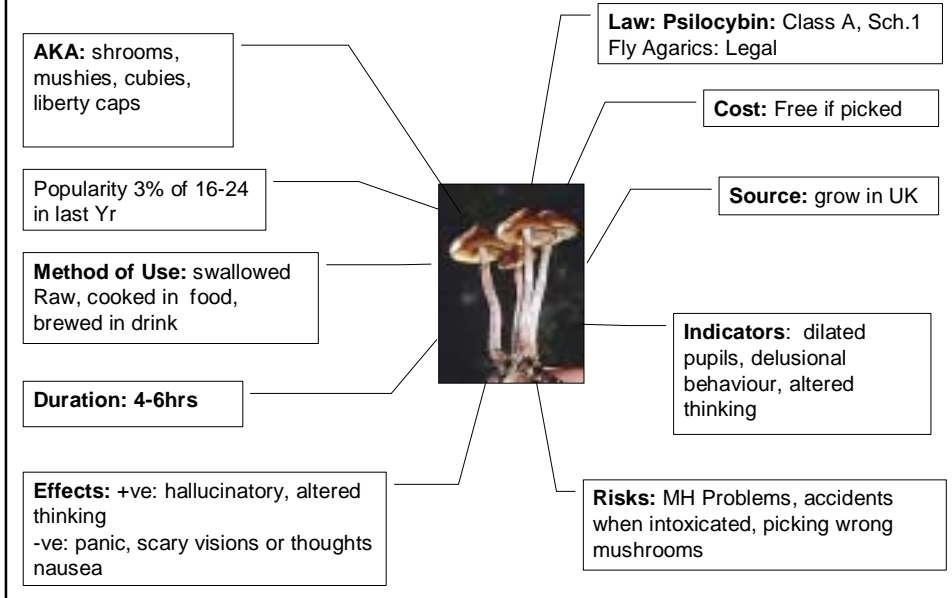
Trip Safety
Don't use when feeling tired, anxious or in low mood

Use in a safe place with trusted friends

Have trusted friends who can act as a guide if trip becomes scary

Don't fixate on negative thoughts or triggers

Magic Mushrooms



Magic Mushrooms Harm and Reduction



Risk of mental health problems
Avoid if prone to mental health problems
Only use infrequently
Don't use when experiencing episodes of poor mental health

Allow lots of time for recovery
Don't use other psychoactive compounds along with Mushrooms

Mushroom Poisoning:
Buy a good guide book and learn how to identify mushrooms.

Ideally look for mushrooms with a friend who knows what to look for

Unsure that a mushroom is safe? Leave it alone!

Be very careful getting mushrooms from other people – they may have made a mistake

Diarrhoea, stomach cramps, bad nausea – go to hospital and take sample of mushrooms with you

Mushroom Strength
Take a small number to start with

Don't use more in first hour – allow them to start working

Be careful with Mushroom Tea – it will get stronger the longer it brews so the dregs are stronger than the first cup

Accident risk:
Don't use in high-risk environments

Have sober friends to hand

Do NOT attempt to drive while or after using mushrooms

Trip Safety
Don't use when feeling tired, anxious or in low mood

Use in a safe place with trusted friends

Have trusted friends who can act as a guide if trip becomes scary

Don't fixate on negative thoughts or triggers

Nitrites



AKA: Poppers, rush

Popularity: Not recorded in BCS

Method of Use: inhaled

Duration: 2-5 Mins

Effects:
 +ve: giggling, rushing feeling
 Increased heart rate, pounding head
 -ve: dizzy, fainting feeling


Law: Legal under MDA
 Restricted under Medicines Act

Cost: £5-10/bottle

Source: sold in sex and joke shops

Indicators: chemical spell; fast pulse

Risks: Heart failure, rupture of small blood vessels



Tobacco - nicotine



AKA: Fags, tabs, baccy, smoke, ciggies

Popularity: 1 in 3 people aged 20-24 smoke

Method of Use: smoked, chewed
 Substitutes in inhalators, sprays, patches, gum, lozenges

Duration: 15 mins

Effects:
 +ve increased concentration, feeling alert, illusion of relaxation, reduction in nicotine craving
 -ve increased heart rate, reduced lung function


Law: Legal for sale to 18+

Cost: £3-5+


Source: Plant, dried, mixed with additives, sold via shops

Indicators: smell of smoke, yellow stains to fingers, teeth

Risks: dependency, cancer, high blood pressure, reduced circulation, aging of skin, bronchial problems, heart problems



Volatile Substances

AKA: Huffing, glue, gas, butane, tolly

Popularity: 14% of children have used once by age of 15

Method of Use: Inhaled – from canister, though rag, from bag etc

Duration: 15-30mins – but effects can be prolonged by further inhalation

Effects:
 +ve: hilarity, drowsiness, feeling drunk, hallucinations
 -ve: nausea, confusion, panic, headaches

Law: butane – illegal to sell to u.18s
 other products: illegal to sell if know they will be sniffed

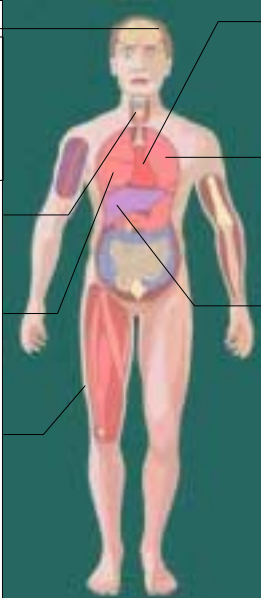
Cost: £2+

Source: glues, deodorants, paints, hairsprays, shops, home

Indicators: chemical smell, stains on clothes, altered state, sore throat, spots on face

Risks: Unconsciousness, heart failure, nausea, burns, accidents, asphyxiation

Volatile Substance Abuse Harm and Reduction

Damage to brain – impaired concentration, reactions, memory and function
 Don't use solvents
 Don't use toluene based compounds

Swelling of windpipe –
 Don't spray solvents straight in to the mouth

Suffocation –
 Don't use in poorly ventilated areas
 Don't place bags over face

Accidents –
 risk of hallucinations
 Don't use in dangerous places
 Don't use alone
 Avoid naked flames

Heart Failure: don't use solvents
 Don't exert after use – running or other exercise

Chest problems
 Don't inhale solvents

Liver Damage –
 Don't use solvents
 Don't use toluene based compounds