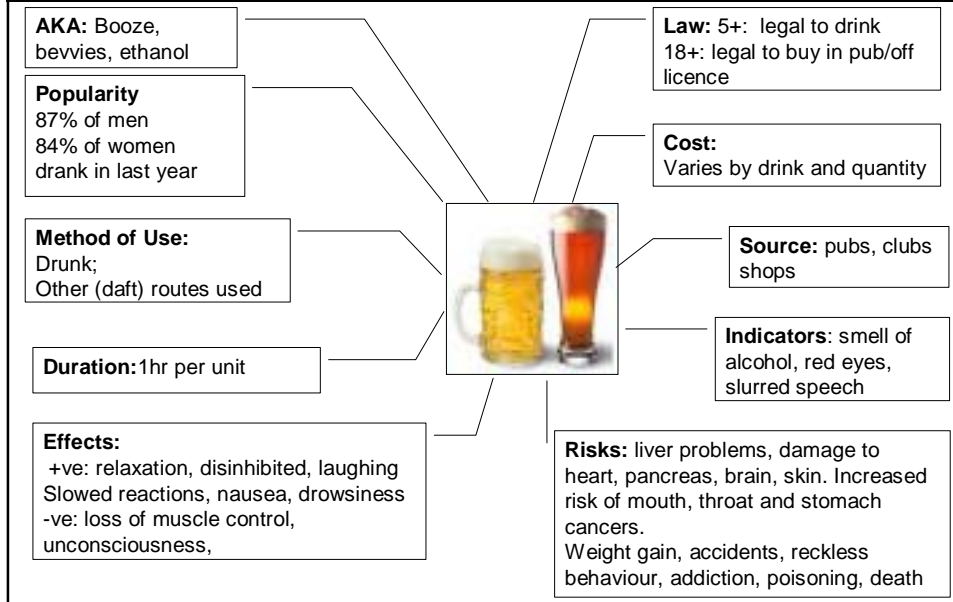
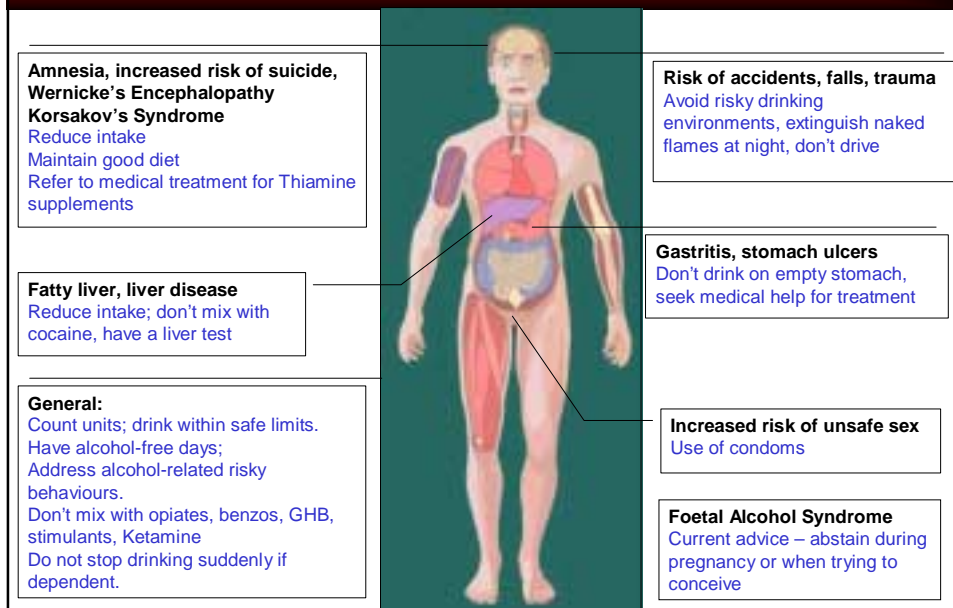


# Alcohol



# Alcohol Harm and Reduction



# Anabolic Steroids



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

**Popularity** 0.4% of 16-24 in last Yr (BCS 09/10)

**Method of Use:** swallowed, muscular injections

**Duration:** ½ - 7days+ depending on type

**Effects:** +ve: energy, muscular development, assertive, gain bulk  
-ve insomnia, irritability, health risks



**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 problems

# Anabolic Steroids Harm and Reduction

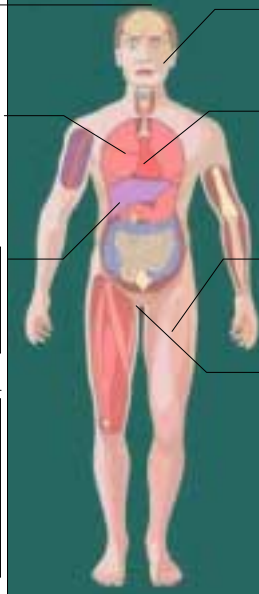


**Risk of aggression and insomnia**  
Relaxation techniques; anger management

**Gynecomastia – male users at risk of developing breast tissue**  
Avoid compounds that convert to oestrogen; use oestrogen blockers or drugs to stop oestrogen formation

**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, vallis  
**Temazepam:** eggs, Temazies

**Law:** Mostly Class C,  
 Schedule 4i

**Popularity** 0.8% 16-24 yr olds  
 used in last year (non  
 prescribed) (BCS 09/10)

**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, mild euphoria  
 -ve Anxiety, disinhibition, anger

**Risks:** dependency, overdose  
 (espec. If mixed with alcohol);  
 Reckless behaviour;  
 Fake drugs – especially online

# 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.

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

**Tablet formulation**  
 Don't inject  
 if injected, filter thoroughly

**Risk of Overdose**  
 Avoid mixing with opiates,  
 alcohol



**General:**  
 Know tablet strength;  
 Don't mix;  
 Don't use continuously;  
 Seek medical help in withdrawal;  
 Be wary of drugs sourced on-line

# Betel/Areca/Paan



**AKA:** paan, betel, catechu

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

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

**Duration:** 30mins

**Effects:**

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



**Law:** legal in UK; Can only legally be sold to people 18+

**Cost:** £4-100gm

**Source:** grown in India, Sri Lanka etc; sold in UK via some Asian stores, usually as tobacco/betel mix

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

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

# Betel Harm and Reduction

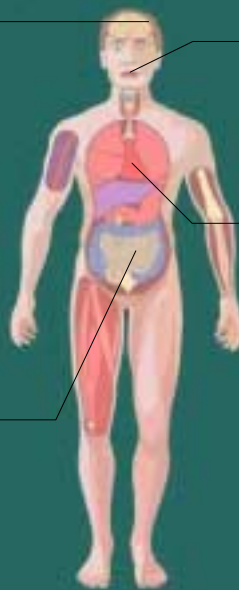


**Disrupted Sleep; Anxiety**

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

**Weight loss –**

Maintain proper diet;  
Reduce use if losing too much weight



**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

**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**  
34.7% of under 16-24s say have ever used; 9.2% used in last month (BCS 09/10)

**Cost:** £10 – 1/16th oz  
£90-£250oz

**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, dependency

# 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;  
Stop using if negative symptoms appear.

**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;  
Maintain other hobbies and interests;  
Be aware of contaminants in poor quality resins

**Legal Risks**

Be aware possession is still illegal;  
Supply and cultivation can carry heavy penalties



# Amphetamines



**AKA: Amphetamine:** speed, whizz, billy, sulph. Base  
**Methamphetamine:** Ice, glass, shard, meth, Tina, crank

**Law:**  
**Sulph:** Class B, Schedule 2 (Class A if injected)  
**Methamphetamine:** Class A, Sch.2

**Popularity** 2.4% of 16-24 in last Yr (BCS 09/10)

**Cost:**  
 £10g –speed  
 £30/g - base  
 £30-60 - ice

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

**Source:**  
 Manufactured in UK and Europe



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

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

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

**Risks:** weight loss, insomnia, tooth damage, nasal damage, mental health problems, heart failure, convulsions

# Cocaine and Crack



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

**Law:** Class A; Sch 2

**Popularity** Cocaine: 5.5% of 16-24 in last Yr  
 Crack: 0.5% (BCS 09/10)

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

**Method of Use:**  
**Cocaine powder:** snorted, rubbed on gums, IV,  
**crack:** smoked, swallowed, IV

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



**Duration:**  
 sniffed 1-2hr  
 smoked: 15mins

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

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

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

## Amphetamine/Cocaine Powder Harm and Reduction



<p><b>Anxiety, paranoia, psychosis, insomnia</b> Reduce intake Try to ensure adequate sleep Awareness of warning signs Reduce or stop when becoming too anxious</p>		<p><b>Damage to nose and gums</b> Rinse area after use Move to another area if bleeding Don't share tubes</p>
<p><b>Don't Inject – snort, dab instead</b> Injecting complications: Cocaine - Anaesthetic – don't inject in to a numb site Cocaine HCl – acidic: don't acidify Don't share equipment Keep needle dry before injecting Large number of needles for repeat injections</p>		<p><b>Heart Failure/high blood pressure</b> 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><b>Liver disease</b> Don't mix with alcohol</p>		<p><b>Appetite suppression/weight loss:</b> Breaks from use, Good diet</p>
		<p><b>Increased risk of unsafe sex</b> Use of condoms Use of lubricant Avoid using with viagra or poppers</p>
		<p><b>Dependency:</b> Take breaks from use Reduce frequency from use Watch for self-medicating out of come-downs</p>

## Crack Cocaine Harm and Reduction



<p><b>Anxiety, paranoia, psychosis, insomnia</b> Reduce intake Try to ensure adequate sleep Awareness of warning signs Reduce or stop when becoming too anxious</p>		<p><b>Lips and teeth:</b> use heat-proof mouthpiece Use lip balm Don't share pipes</p>
<p><b>Injecting complications:</b> Numbs injecting sites; Inject cocaine powder if possible Don't share; will need acid; Don't heat when in crack form – will congeal; Keep needle dry before injecting Large number of needles for repeat injections</p>		<p><b>Lung damage, "crack lung"</b> Use glass pipes, steel gauzes Avoid ash, plastic</p>
<p><b>liver disease</b> Don't mix with alcohol</p>		<p><b>Heart Failure/high BP:</b> 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><b>Dependency</b> High risk of dependency Use infrequently if at all</p>		<p><b>Appetite suppression/weight loss</b> 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 (BCS 09/10)

**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

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

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

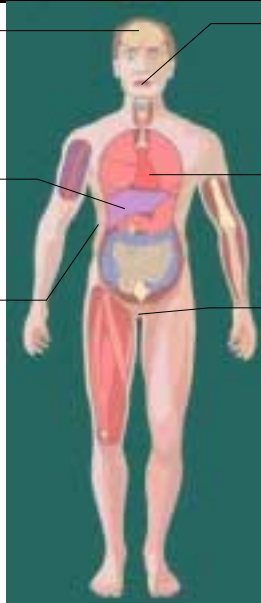
**Heart Failure:**  
Don't use with other stimulants  
avoid if there is history of heart problems

**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

**Increased risk of unsafe sex**  
Use of condoms

**General:**  
Don't mix with other drugs;  
Have long recovery periods; don't use every week;  
Don't use with antidepressants

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



# GHB/GBL



**AKA:** GHB: Gamma Hydroxy Butyrate, GBH, Liquid Ecstasy  
**GBL:** Gamma Butyro-lactone

**Law:** GHB: Class C, Schedule 4i  
 GBL: Class C; legal to possess unless supplied for ingestion

**Popularity** Not included in BCS

**Cost:** £40/250ml

**Method of Use:** swallowed

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

**Duration:** 30-60mins

**Indicators:** Drowsy, unconscious

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

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



# GHB/GBL

## Harm and Reduction

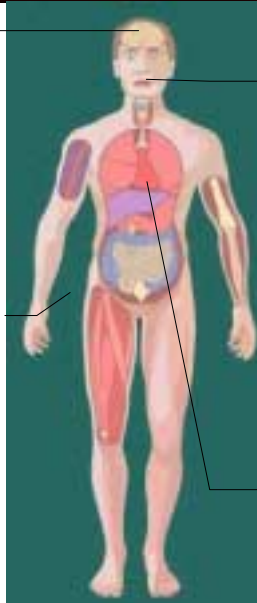


### Risk of dependency

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

### 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:** Diamorphine, brown, skag, smack, gear, H, China White

**Law:** Class A, Schedule 2

**Popularity** 0.1% of 16-24 in last Yr (BCS 09/10)

**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 equipment  
Hygienic injecting practice  
Good intravenous injecting technique  
Rotate sites  
Prompt wound treatment




**Constipation**  
Diet, supplements  
Massage, medical help

**Overdose:**  
Watch for tolerance dropping  
Use with company  
Don't mix with other drugs, especially other opiates, benzos, alcohol;  
Retitrate when moving from smoking to injecting

**General**  
While some people can 'manage' heroin, many more can't and so use of heroin can lead to physical, social, legal and financial problems.  
Many of heroin's risks relate to heroin dependency, so are best avoided by not using heroin at all.

# Methadone

**AKA:** meth, juice, green, linctus

**Popularity** 0.1% of 16-24 in last Yr (non-prescribed) (BCS 09/10)

**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;  
Be aware if your tolerance has dropped.

**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** 0.9% of 16-24 year olds report use in last year (BCS 09/10)

**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, mild euphoria, calm detachment  
-ve: nausea, paralysis, scary hallucinations, loss of muscular control

**Risks:** nausea, MH problems, hurting self while intoxicated, dependency, acute bladder problems, Loss of consciousness



## 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  
Pain in bladder/blood in urine – seek medical help to get bladder damage treated early.  
Don't use too frequently – have breaks




**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  
£33/kilo

**Method of Use:**  
chewed, drunk

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


**Duration:** 2hrs

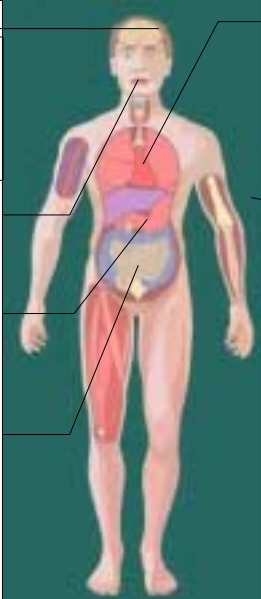
**Indicators:** green spit and teeth, chewing plant, energetic, talkative

**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:**  
**Lysergic Acid Diethylamide**  
Acid, tabs, trips,  
Strawberries, Ohms, Barts etc

**Popularity**  
0.2% of 16-24 in last Yr  
(BCS 09/10)  
Popularity going down

**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

# Mephedrone



**AKA:** methylmethcathinone  
MMCAT, Miaow, plant food, bubbles,  
'drone, meph,

**Law:** Class B, Schedule 1  
Made a Controlled Drug in May  
2010; previously legal.

**Popularity** not measured in  
BCS or other surveys; has  
gone down since it was made  
illegal.

**Cost:** £15-20/g

**Method of Use:**  
snorted, swallowed,  
small number of injectors



**Source:** Illicit labs,  
mainly in Asia; some  
online suppliers, street

**Duration:** 15-30mins

**Indicators:** dilated  
pupils, energetic,  
talkative, manic

**Effects:** +ve: euphoria, increased  
energy, confidence, alertness,  
moderate hallucinations  
-ve increased heart rate, tremors,  
panic, anxiety, paranoia

**Risks:** compulsive redosing,  
heart problems, convulsions,  
circulatory problems, psychosis

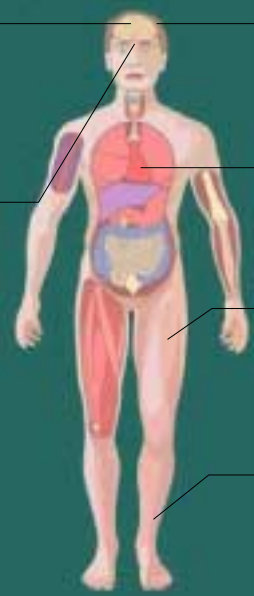
# Mephedrone Harm and Reduction



**Dependency**  
Try not to redose too frequently  
Don't have large quantities in house  
Take long breaks between sessions,  
Don't use every day  
Stop using when it's not rewarding

**Nasal damage**  
Don't snort, don't share tubes  
Stop snorting if you get nose  
bleeds

**General:**  
Be aware is now a controlled drug;  
severe penalties for supply and likely  
criminal record for possession;  
  
Supplied substances could contain a  
range of compounds which may or may  
not include mephedrone;  
  
Mephedrone is not and never was a  
plant food; sniffing plant food will not  
provide a high.




**Mental health problems**  
Don't use excessively;  
Avoid if prone to mental health  
problems;  
Maintain good sleep and diet

**Heart Problems**  
Don't use large quantities  
Don't binge for long periods  
Don't mix with other stimulants

**Convulsions:**  
Use low quantities  
Don't redose too often  
Don't use if you have a history of  
fitting

**Circulatory problems**  
Don't use if you experience poor  
circulation;  
Discontinue use if you  
experience circulatory problems

# Magic Mushrooms

**AKA:** shrooms, mushies, cubies, liberty caps

**Popularity** 0.3% of 16-24 in last Yr (BCS 09/10)  
Dropped in popularity after fresh mushrooms were made illegal

**Method of Use:** swallowed  
Raw, cooked in food, brewed in drink

**Duration:** 4-6hrs

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

**Law: Psilocybin:** Class A, Sch.1  
**Fly Agarics:** Legal

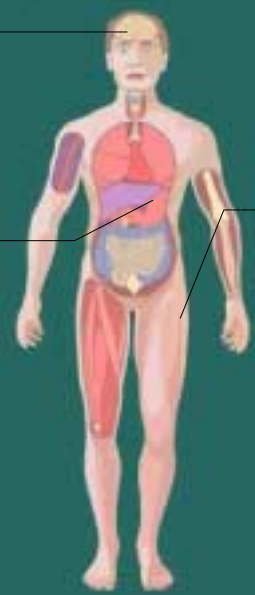
**Cost:** Free if picked

**Source:** grow in UK

**Indicators:** dilated pupils, delusional behaviour, altered thinking

**Risks:** MH Problems, accidents when intoxicated, picking wrong mushrooms, infections from unclean 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  
  
Clean cow pat of mushroom before eating  
  
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

# Melanotan II



**AKA:** Melanotan, MT2

**Popularity:** not measured in current national surveys; requests for equipment at needle exchange increasing

**Method of Use:** Subcutaneous injection; nasal sprays also now sold

**Duration:** users may use daily to build up a tan over 2-4 weeks, then use every five days to maintain tan

**Effects:** +ve: tanning, increased libido  
Reduced appetite  
-ve nausea, flushing of face, increased freckle formation in some users



**Law:** not licensed in UK as a medicine so supply illegal under Medicines Act

**Cost:** £20/10mg – enough for 1-2 weeks

**Source:** Illicit labs, mainly in Asia; resold on-line, gyms, tanning studios

**Indicators:** tanning faster

**Risks:** not fully known at this stage;  
Risk of infection and BBVs through injecting;  
Buying non-sterile or contaminated drugs;  
Overtanning  
Risks in terms of skin cancer/melanoma formation (?)

# Melanotan ii Harm and Reduction



**Frequency of use**

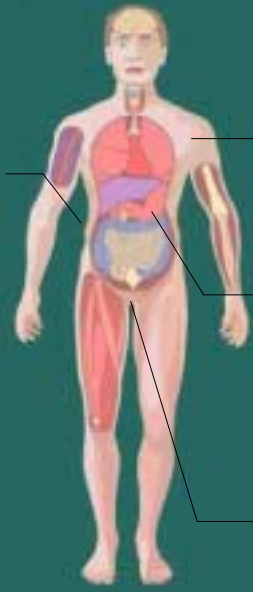
Don't use continuously – the risks of long term use aren't known;  
Have long breaks – even if these means letting tan fade.

**Injecting:**

Understand how to do a safe subcutaneous injection;  
Use clean equipment; don't share  
get infections treated promptly

**General:**

This is a very new drug, with little known about long term risks;  
Understand how to make up a properly-diluted dose, so accurate doses can be measured out;  
Don't stick used needles in to a made-up vial – it will render it non-sterile  
Be wary of buying drugs on-line from unverified sources  
Don't use if prone to freckle formation or you have lots of moles



**Skin problems**

Seek prompt medical help if moles become larger, or if any skin rashes or swelling occurs

**Appetite suppression**

Be aware of losing too much weight;  
consider use of diet supplements if not eating properly

**Increased libido:**

Practice safe sex; use a condom

## Nitrites



**AKA:** Amyl Nitrite, Butyl Nitrite  
Poppers, rush

**Law:** Legal under MDA  
Restricted under Medicines Act

**Popularity**  
0.8% of 16-24 year olds reported use in last year (BCS 09/10)  
Reported use has dropped

**Cost:**  
£5-10/bottle

**Method of Use:**  
inhaled

**Source:** sold in sex and joke shops

**Duration:** 2-5 Mins

**Indicators:**  
chemical spell; fast pulse

**Effects:**  
+ve: giggling, rushing feeling, sexual arousal (?)  
Increased heart rate, pounding head  
-ve: dizzy, fainting feeling



**Risks:** Heart failure, rupture of small blood vessels

## Tobacco - nicotine



**AKA:** Fags, tabs, baccy, smoke, ciggies

**Law:** Legal for sale to 18+

**Popularity:** 1 in 3 people aged 20-24 smoke

**Cost:** £3-5+

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



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

**Duration:** 15 mins

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

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

**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, through 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

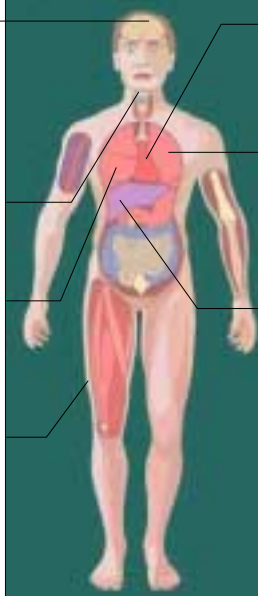


**Damage to brain – impaired concentration, reactions, memory and function**  
 Don't use solvents  
 Don't use toluene based compounds

**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