

Guide to common drugs



www.cambsdaat.org

This guide will help you to identify common drugs that you might come into contact with.

It will show you what they look like

It will tell you how they are usually taken

It will tell you how they might make you feel

It will tell you about the dangers

Most of the substances in this guide are illegal. Where something is not illegal, it will tell you.

**Just because something is legal,
doesn't mean it is safe**

Getting help

If you are worried about your own drug use or about someone else's you can contact:

Inclusion Cambridgeshire 0300 555 0101

<http://www.inclusion-cambridgeshire.org.uk/>

CASUS (for Children and Young People)

<http://www.cpft.nhs.uk/services/CASUS-cambridgeshire-child-and-adolescent-substance-use-service.htm>

Safety Tips

Sometimes people might choose to take drugs

- If you or someone you are with takes drugs look out for any of the dangers that are in this guide.
- If you have taken drugs and feel unwell, call 999 and ask for an ambulance or ask someone to call for you
- If someone you are with has taken drugs and is unwell or starts acting strangely, call 999 for an ambulance
- If you need to call an ambulance try to tell them what drugs have been taken – this will help them know what to do
- If you are taking any medicines from your doctor, taking other drugs might make you very ill
- Mixing different drugs or mixing drugs with alcohol can have deadly consequences
- If you choose to take drugs, start with a small amount and see how it makes you feel.

Places to find information

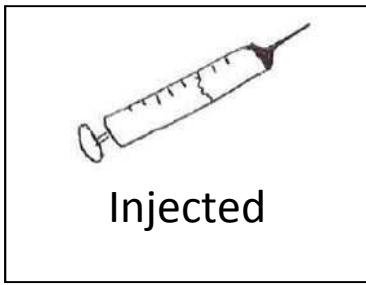
Talk to Frank www.talktofrank.com

Addaction www.addaction.org.uk

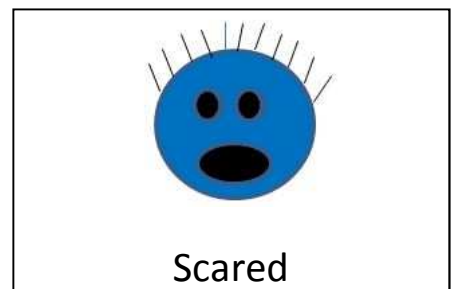
ADFAM www.adfam.org.uk

Guide to symbols

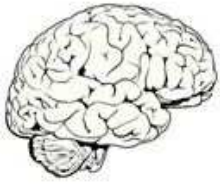
How it is taken



How it might make you feel



Dangers or health effects



Brain damage



Forgetful or memory problems



Heart problems



Need to go to hospital



Can harm the baby if you are pregnant

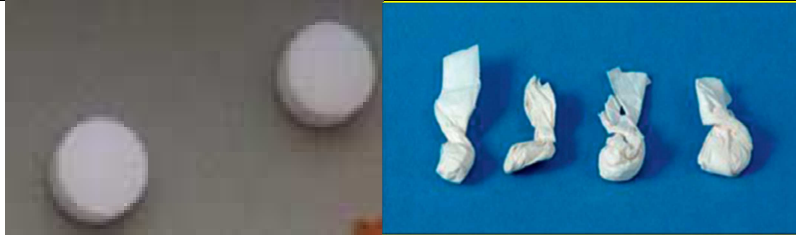


Death



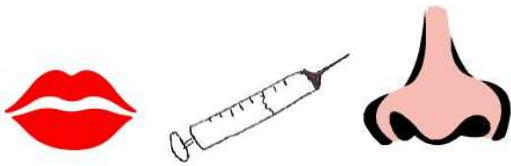
Upset stomach or urine problems

Amphetamine



Other names: Speed, whizz, Billy, uppers

How it's taken



How it can make you feel



Dangers or health effects



Other important information

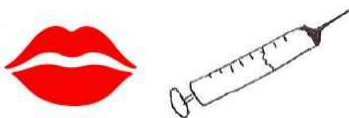
Can cause problems with circulation

Anabolic Steroids



Other names: Not the same as steroids for asthma and arthritis

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Cannabis



Other names: Weed, grass, dope, hash, puff, pot, spliff, ganja, blow, draw

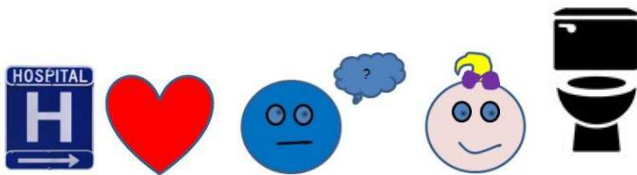
How it's taken



How it can make you feel



Dangers or health effects



Other important information

Can cause depression
May cause mental health problems

Cannabinoids (synthetic)



Other names: Spice, herbal smoking mixture, Blue Cheese, many brand names

How it's taken



How it can make you feel



Dangers or health effects



Other important information

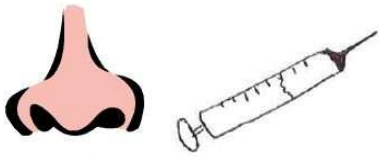
Some are illegal already, others will be in 2016
Side effects can be very serious, including death

Cocaine



Other names: Coke, snow, Charlie

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Can cause nose damage

Crack



Other names: Rocks, wash, stones pebbles

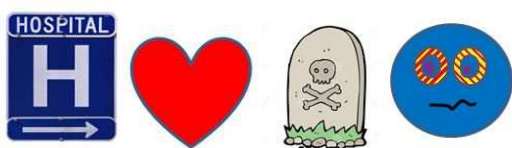
How it's taken



How it can make you feel



Dangers or health effects



Other important information

Ecstasy

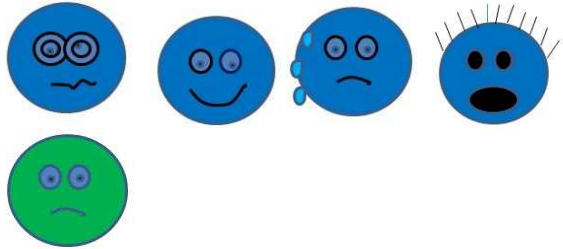


Other names: E, MDMA, pills, Superman

How it's taken



How it can make you feel



Dangers or health effects



Other important information

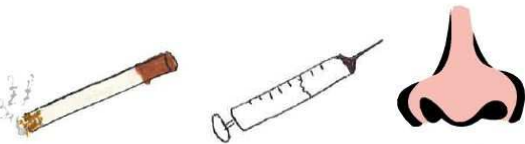
Very dangerous if mixed with alcohol
 Dangerous if mixed with medicines from the doctor
 Can make you very thirsty

Heroin



Other names: Scag, brown, horse, smack, H

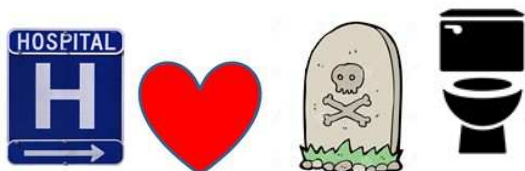
How it's taken



How it can make you feel



Dangers or health effects



Other important information

Very dangerous to share needles
 Can make skin itchy
 White heroin more dangerous

Ketamine

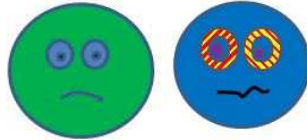


Other names: K, Special K, Vitamin K,

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Can cause serious bladder problems

Khat

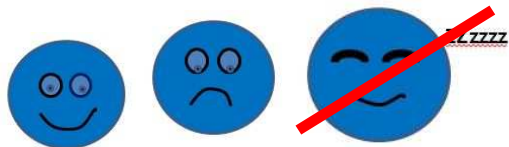


Other names: Quat, Chat

How it's taken



How it can make you feel



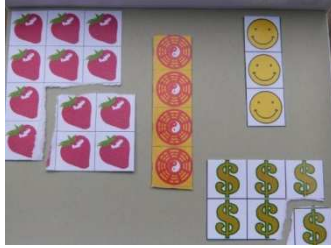
Dangers or health effects



Other important information

Can make you act violently
Can cause problems with sex

LSD



Other names: Acid, trips, tabs, rainbows, smilies

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Can cause flashbacks
Can cause depression

Magic Mushrooms

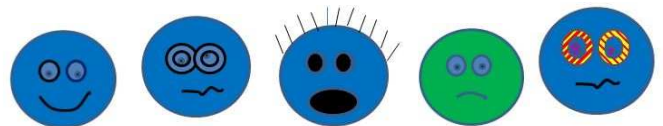


Other names: Shrooms, mushies

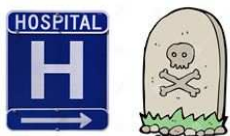
How it's taken



How it can make you feel



Dangers or health effects



Other important information

Some mushrooms are very poisonous
They can make you very sick or even cause death

Mephedrone



Other names: Meow Meow, MCat

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Can cause fits

Nitrous Oxide



Other names: Laughing gas

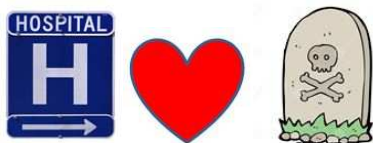
How it's taken



How it can make you feel



Dangers or health effects



Other important information

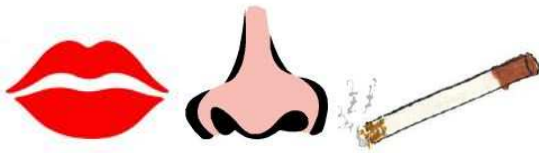
Can cause nerve damage
Not illegal to possess but illegal to sell to under-18 if it is suspected to be abused

New Psychoactive Substances (NPS)

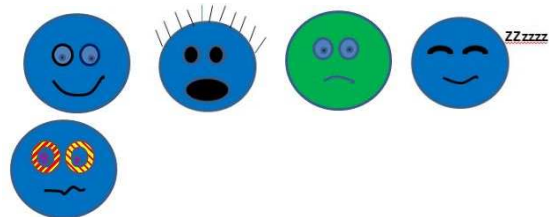


Other names: Legal highs, Spice, plant food, lots of brand names

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Some NPS are already illegal, all will be made illegal in 2016

Poppers

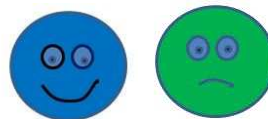


Other names: Amyl Nitrite, rush, liquid gold, TNT

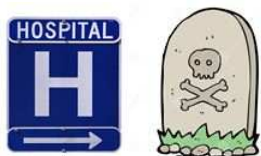
How it's taken



How it can make you feel



Dangers or health effects



Other important information

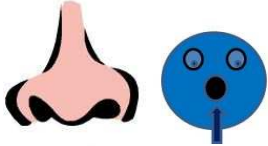
Can cause fits and flashbacks

Solvents

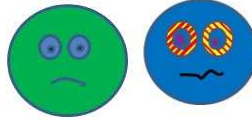


Other names: Glue, aerosol, gases

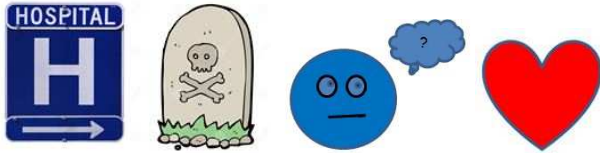
How it's taken



How it can make you feel



Dangers or health effects



Other important information

Not illegal but age limit for sale.
Very dangerous to inhale.

Tranquilisers



Other names: Benzo, downers, Rohypnol, GHB, roofies

How it's taken



How it can make you feel



Dangers or health effects



Other important information

Very dangerous to drive after taking tranquilisers