

KETAMINE



Known as

K, ket, special K, super K



How it's used

As a powder, it is wrapped and swallowed (bombed) or snorted. As a liquid, it can be injected



How it can make you feel

Euphoric, calm, uncoordinated, confused, numb, nauseous



How long it lasts

The effects of ketamine usually last 1 – 2 hours



Important to know

Ketamine tolerance builds quickly, raising the risk of dependence as well as kidney and bladder problems, and without testing, there's no way to know what a drug contains or how strong it is.

What it can do

- Impair motor coordination
- Cause back pain or cramps (known as k-cramps)
- Lead to kidney-related problems and bladder damage
- Increase anxiety, panic attacks, insomnia, paranoia and hallucinations

How to reduce the risks

- Start with a low dose and take it slow
- Stay well hydrated before, during and after taking
- Avoid mixing with other drugs, particularly other 'downers'
- Keep track of how much you've used and take breaks
- Don't sit in a bath to relieve the pain of cramps
- If snorting, use your own snorting tube and don't share with others
- Chop the powder up finely to reduce damage to the nose and wash out your nose after using
- Use sterile equipment, which your local service can provide along with safer injecting advice
- Seek medical help if you start suffering with kidney or bladder pain
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

COCAINE



Known as

Coke, Charlie, white, crack, blow, snow



How it's used

As a powder, it's commonly snorted, but can also be swallowed or injected



How it can make you feel

Energetic, alert, loss of appetite, hot, restless, unable to sleep



How long it lasts

Usually takes a few minutes to kick in, and lasts for around 20 minutes



Important to know

When used repeatedly, cocaine depletes dopamine stores which can cause anxiety and paranoia. Mixing cocaine with alcohol creates a substance in the body called cocaethylene, making it more harmful.

What it can do

- Increase blood pressure and the risk of heart attack or stroke
- Damage the inside of the nose
- Increase anxiety and mood swings
- Trigger mental health conditions
- Cause overheating

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances
- Use your own snorting tube and don't share with others
- Chop the powder up finely to reduce damage to the nose and wash out your nose after using
- Use sterile equipment, which can be collected from your local service
- Take breaks to allow the chemicals in the brain to replenish
- Stay hydrated and try to eat and sleep after using
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

Alcohol



Known as
Booze, sauce, juice



How it's used
Alcohol is consumed either on its own or mixed with soft drinks



How it can make you feel
Relaxed, outgoing, sociable, uncoordinated, blurred vision, nauseous, drowsy



How long it lasts
Can last for several hours, usually first being felt 1 – 2 hours after consumption



Important to know

Alcohol is a central nervous system depressant. This means it slows the heart rate and breathing.

What it can do

- Impair coordination and affect judgement, increasing the risks of accidents
- Increase the risk of throat, mouth, liver and breast cancers
- Cause alcohol poisoning
- Affect the liver, including fatty liver, fibrosis and cirrhosis
- Make it more likely to develop heart disease, high blood pressure and strokes
- Reduce fertility
- Cause premature birth, low birth weight and foetal alcohol syndrome in babies
- Increase depression and anxiety

How to reduce the risks

- Eat before drinking, so alcohol is absorbed more slowly
- Avoid mixing with other substances, especially depressants
- Drink plenty of water and alternate between alcohol and soft drinks
- Buy your own drinks, rather than drinking in rounds, to avoid drinking more than planned
- After drinking, don't drive, use the oven or hob or take a bath
- Think about consent and carry condoms if you plan to have sex
- Have at least 3 non-consecutive days without alcohol per week
- If you're reliant, don't stop suddenly as withdrawal can cause fatal seizures



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

inspire
YOUNG PEOPLE

MDMA



Known as
Molly, ecstasy, E



How it's used
As a powder, it is wrapped and swallowed (bombed) or dabbed on gums. It also comes in pill form, which are swallowed



How it can make you feel
Euphoric, energetic, increased heart rate and temperature, confused



How long it lasts
Effects are usually felt in 20 – 60 minutes (sometimes longer), and can last up to 4 – 6 hours



Important to know

Ecstasy comes in different colours, shapes, and logos, and UK pills have been found to contain up to three times the adult dose, with no way of knowing contents or strength without testing.



What it can do

- Increase body temperature and overheating when combined with dancing
- Cause excessive thirst
- Impact mood for several days after using

How to reduce the risks

- Start with a low dose and take it slow
- Crush finely and dab a small amount
- If using ecstasy, start with a quarter of a pill. Wait at least an hour before taking any more
- Avoid mixing with other drugs, including alcohol
- Stay hydrated, drinking between half a pint and a pint per hour
- Take breaks from dancing to avoid overheating
- Weigh your dose
- Avoid snorting
- Leave around three months between sessions to allow your body to fully recover
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

NITROUS OXIDE



Known as

Laughing gas, balloons, nos



How it's used

The colourless gas is released from a pressurised metal cannister into a balloon and inhaled



How it can make you feel

Euphoric, relaxed, dizzy, giggly, detached, hallucinations, headaches



How long it lasts

It has an immediate effect, peaking around 10 – 30 seconds and rapidly diminishing



Important to know

Using alongside drugs such as cannabis or alcohol can increase the sedative effect, resulting in loss of consciousness at high doses. Using with hallucinogenic drugs such as LSD, mushrooms and ketamine can intensify effects.

What it can do

- Reduce balance or coordination, increasing the risk of accidents
- Lead to anaemia, caused by B12 deficiency
- Cause permanent nerve damage
- Affect the heart
- Damage the throat and lungs
- Reduce fertility and cause harm to an unborn child, if used during pregnancy

How to reduce the risks

- Don't use in a confined space
- Avoid breathing in and out of the balloon repeatedly, take breaths of air in between
- Remain seated to reduce the risk of falling
- Take regular breaks and avoid using multiple balloons one after another
- Eat foods high in B12 after a session



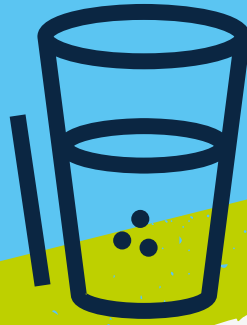
If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

LEAN



Known as

purple drank, sizzurp, syrup



How it's used

Lean is made by mixing prescription cough syrup with codeine and promethazine into a soft drink, often with a boiled sweet. It's usually purple but can vary



How it can make you feel

A sense of wellbeing, sedated, slowed breathing and heart rate, euphoric, hallucinations, dissociated



How long it lasts

Effects begin within 30 - 60 minutes and can last up to 6 hours



Important to know

Lean may contain codeine (an opioid), promethazine (an antihistamine), and dextromethorphan (found in over-the-counter cough and cold medications).

What it can do

- Make breathing slow down to a dangerous level, or stop completely
- Lower inhibitions
- Bring on drowsiness and unsteadiness, increasing the risk of an accident
- Cause paracetamol overdose

How to reduce the risks

- Start low and take it slow
- Don't drink mixtures made by other people
- Take breaks and try not to use often to reduce the risk of dependency
- Know the signs of an opioid overdose
- Take it in turns, if using with others, so someone can call for help if needed
- Carry naloxone, a first aid medication that can reverse the effects of opioids
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

HEROIN



Known as

Gear, smack, brown, H, junk



How it's used

Heroin is a brown powder or black tar-like substance usually smoked on foil ('chasing') or injected, and less often snorted



How it can make you feel

Warmth, euphoria, drowsiness, slowed breathing, nausea, itching, and constipation



How long it lasts

A heroin high typically lasts 15 – 30 minutes but can leave you drowsy for hours afterwards



Important to know

Heroin is an opioid, a painkiller that acts on brain receptors, found alongside natural drugs like morphine and synthetic ones like fentanyl and nitazenes.

What it can do

- Make breathing slow down to a dangerous level, or stop completely
- Cause injuries such as abscesses, ulcers and damaged veins when injected
- Spread blood borne viruses if injecting equipment is shared
- Increase respiratory problems, including COPD when smoked
- Lead to physical dependence, and withdrawal symptoms once stopped

How to reduce the risks

- Start low and take it slow
- Avoid mixing with other substances, especially depressants
- Take it in turns, if using with others, so someone can call for help if needed
- Carry naloxone, a first aid medication that can reverse the effects of opioids
- Take breaks and try not to use often
- Speak to your local service about getting on a script
- Use sterile equipment, which your local service can provide along with safer injecting advice
- Use your own snorting tube and don't share with others
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

AMPHETAMINE



Known as

Speed, amphet, whizz, billy, bomb



How it's used

Amphetamines are sold as powder (typically off-white, grey, or pink) or as pills, taken by swallowing, snorting or injecting. Some types are prescribed medically



How it can make you feel

Energetic, increased heart rate, euphoric, dilated pupils, paranoid, anxious, loss of appetite, increased sex drive



How long it lasts

Effects last 3 – 6 hours, depending on dose and strength



Important to know

Without testing, it is impossible to know what is in a drug or how strong it is. Amphetamines have been found to be cut with laxatives, caffeine and other drugs.



What it can do

- Increase blood pressure and the risk of a heart attack or stroke
- Disrupt sleep patterns and appetite
- Cause dental issues from teeth grinding or 'gurning'
- Make a person overheat and overdose
- Trigger mental health conditions
- Cause injuries such as abscesses, ulcers and damaged veins when injected
- Spread blood borne viruses if injecting equipment is shared

How to reduce the risks

- Start low and take it slow
- Start with a quarter of a pill. Wait at least an hour before taking more
- Avoid mixing with other substances, especially stimulants such as cocaine or MDMA which increase strain on the heart
- Stay hydrated and try to eat and sleep after using
- Use sterile equipment, which your local service can provide along with safer injecting advice
- Chop the powder up finely to reduce damage to the nose and wash out your nose after using
- Use your own snorting tube and don't share with others
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

CANNABIS



Known as

Weed, dope, grass, green, hash, marijuana



How it's used

Cannabis comes in different forms including herbal (leaves or buds), resin (solid lump) oil and edibles. It can be smoked, inhaled or eaten



How it can make you feel

Relaxed, talkative, giggly, drowsy, hungry, dry mouth, anxious, paranoid, dizzy, nauseous



How long it lasts

Smoked or inhaled: effects start in minutes and last about 1 hour. Eaten: effects take up to an hour and can last 8 hours



Important to know

Cannabis comes from a green plant whose leaves contain the psychoactive compound delta-9 tetrahydrocannabinol (THC). Since 1 November 2018, specialist UK doctors can prescribe it medically.

What it can do

- Cause lung damage, especially when mixed with tobacco
- Withdrawal symptoms including difficulty sleeping, decreased appetite, weight loss, aggression, irritability and restlessness
- Trigger mental health conditions
- Risk to an unborn child if used during pregnancy

How to reduce the risks

- Start low and take it slow
- Avoid mixing with other substances, including alcohol
- When taking edibles, remember it takes at least an hour for the effects to kick in
- Use less tobacco in your mixture or leave it out completely
- Avoid holding smoke in the lungs for too long, it doesn't increase the effect but can cause damage
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

THC VAPES



Known as

Carts, pens, blinkers, dab pens



How it's used

Smoked using a disposable vape pen with a liquid containing THC (the active ingredient in cannabis)



How it can make you feel

Relaxed, talkative, giggly, drowsy, hungry, dry mouth, anxious, paranoid, dizzy, nauseous



How long it lasts

When cannabis is smoked or inhaled, the effects start within minutes and lasts about an hour



Important to know

Some THC vapes have been found to contain other substances including synthetic cannabinoids (Spice) and synthetic opioids (nitazenes), which can cause serious risks including overdose.

What it can do

- Cause lung damage, especially when mixed with tobacco
- Cause withdrawal symptoms including difficulty sleeping, decreased appetite, weight loss, aggression, irritability and restlessness
- Trigger mental health conditions
- Risk to an unborn child if used during pregnancy

How to reduce the risks

- Buy vape liquid from a reputable source
- Start with one or two puffs and don't inhale deeply. Wait for the effects to kick in before using any more
- Avoid mixing with other drugs, including alcohol
- Carry naloxone, a first aid medication that can reverse the effects of opioids



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

BENZODIAZEPINES



Known as

Benzos, Valium, Xanax, vannies, xannies, blues, diazepam, bromazolam



How it's used

Taken orally in tablet form. Some people may crush the tablets up to snort or inject



How it can make you feel

Calm, relaxed, sleepy, uncoordinated, loss of memory and concentration



How long it lasts

Depending on the type, the effects are felt after around 30 minutes and last 1 – 4 hours



Important to know

Benzodiazepines are depressant drugs prescribed for anxiety and insomnia, slowing the central nervous system. Street versions may look real but are often contaminated.

What it can do

- Increase risk of blackouts and memory loss
- Cause overdose, especially when combined with other depressants such as opiates or alcohol
- Impair motor coordination and drowsiness
- Lead to dependency
- Cause withdrawal symptoms that can be dangerous

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances
- Choose safer methods of use such as swallowing, rather than snorting or injecting
- Use your own snorting tube and don't share with others
- If you choose to inject, contact your local service to pick up sterile equipment and get safer injecting advice
- Don't stop suddenly as you may experience withdrawal symptoms, which can be fatal
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

CRACK COCAINE



Known as

Crack, rocks, coke, stones, wash



How it's used

Crack cocaine is a crystallised form of cocaine which is usually smoked using a glass pipe, or injected



How it can make you feel

Energetic, alert, talkative, confident and sociable, lack of appetite, increased heart rate, hot, anxious, restless, unable to sleep, aggressive



How long it lasts

The high from crack cocaine usually lasts 5 - 10 minutes



Important to know

Crack is crystallised cocaine 'washed' with water and baking soda. Repeated use depletes dopamine, causing anxiety and paranoia. With alcohol, it forms cocaethylene, a more harmful substance.



What it can do

- Increase blood pressure and risk of heart attack or stroke
- Increase risk of blood borne viruses when injecting, or when smoking equipment is shared
- Damage to lungs, lips and mouth when smoking
- Increased anxiety and mood swings
- Triggers to mental health conditions
- Overheating and overdose

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances
- Choose safer methods of use such as smoking, rather than injecting
- Avoid sharing injecting or smoking equipment
- Contact your local service to pick up sterile equipment and get safer injecting advice
- Take breaks to allow the chemicals in the brain to replenish
- Stay hydrated and try to eat and sleep after using
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

GHB & GBL



Known as

G, Gina, liquid ecstasy, geebs



How it's used

It's a clear, oily liquid, usually mixed with a soft drink and swallowed. It can also come in powder form which is snorted, but this is rare



How it can make you feel

Euphoric and confident at low doses, but high doses can cause sedation, convulsions, or unconsciousness



How long it lasts

Usually felt within 15 – 30 minutes and lasts 3 – 6 hours



Important to know

GHB and GBL are depressants with similar effects; the body converts GBL into GHB. They are often used in clubs and during chemsex, particularly among men who have sex with men.

What it can do

- Damage teeth, the mouth and stomach
- Encourage unsafe sex practices due to increased libido and lowered inhibition
- Cause unconsciousness and overdose
- Lead to physical dependence, and withdrawal symptoms once stopped

How to reduce the risks

- Start with a low dose and take it slow
- If you are going to re-dose, wait at least an hour before taking more
- Measure doses for yourself using a syringe or pipette. Usual doses vary between 0.5ml - 1.5ml
- Record how much and at what time you have taken a dose
- Label your bottles or use a specific glass for your drinks
- Always mix with a soft drink, never drink directly from the bottle
- Avoid using with other drugs
- If engaging in sexual activity, practice safer sex by having regular sexual health screenings, using condoms, gloves or consider speaking to your local sexual health clinic or service about options of PrEP, PEP or DoxyPEP and vaccinations
- Stay hydrated, use electrolytes and try to eat and sleep after using
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



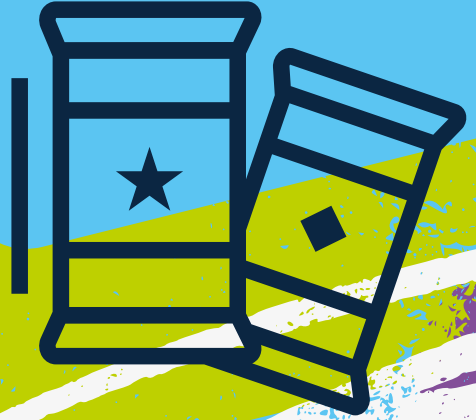
If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

SYNTHETIC CANNABINOIDS



Known as

Spice, Mamba, NPS,
Black Mamba



How it's used

Typically smoked in a joint, pipe,
bong or vape. It can also be
added to foods and consumed



How it can make you feel

Euphoric, relaxed, hungry,
giggly, nauseous, tired,
paranoid, sedated



How long it lasts

The effects start within minutes
and can vary from 1 – 6 hours



Important to know

Synthetic cannabinoids are man-made drugs that mimic cannabis, varying in strength and appearance; the most well-known is Spice, usually sold in small, colourful packs.

What it can do

- Increase heart rate and blood pressure
- Trigger mental health conditions
- Reduce motor coordination
- Cause lung damage through smoking
- Lead to physical dependence, and withdrawal symptoms once stopped

How to reduce the risks

- Start with a small amount first, no bigger than a match head
- Wait for effects to kick in before using more
- Increase the dose cautiously and give at least an hour for the previous dose to wear off
- Avoid mixing synthetic cannabinoids with other substances, including alcohol
- Avoid holding the smoke in for too long, it won't increase the effects and can damage lungs
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

PREGABALIN



Known as
Pregabs, gabs, Lyrica



How it's used
Taken orally in tablet and capsule form



How it can make you feel
Calm, relaxed, sleepy, uncoordinated, confused, nauseous, loss of memory



How long it lasts
Effects are usually felt after 1 - 2 hours, and last 6 - 8 depending on the dose taken



Important to know

Pregabalin is a medication that has depressant properties. It is typically used for managing anxiety, epilepsy and nerve pain. It can be prescribed but is also often used without prescription and can be 'street bought'.

What it can do

- Cause overdose, especially when mixed with other medications that affect the central nervous system (e.g. benzos, opioids and antidepressants)
- Result in uncomfortable and sometimes dangerous withdrawal symptoms
- Cause accidents and injuries, due to drowsiness, confusion and impaired motor coordination
- Lead to dependency when used for longer than a few weeks

How to reduce the risks

- Start with a low dose and take it slow
- Avoid mixing with other substances, especially depressants. If mixing drugs, use lower amounts
- Use with someone else around, so someone can call for help if it's needed
- Carry naloxone - although Pregabalin is not an opioid, there is a risk it could be contaminated with an opioid
- Don't stop suddenly as you may experience withdrawal symptoms
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE

CRYSTAL METH



Known as
Crystal, Meth, Tina, Glass



How it's used
Usually smoked, 'slammed' (injected), snorted, or 'booty bumped'



How it can make you feel
Euphoric, alert, energetic, confident, increased libido, reduced appetite



How long it lasts
Dependant on the way it's used but effects can last from 4 - 20 hours



Important to know

Crystal meth is a stimulant drug that speeds up the central nervous system. It typically appears as clear or bluish-white crystals. Crystal meth is a drug commonly used in chemsex.

What it can do

- Increase heart rate and blood pressure
- Cause teeth grinding or 'gurning', and damage to teeth
- Paranoria and hallucinations
- Increased libido and low inhibitions can lead to unsafe sex practices and injuries
- Cause intense comedowns, with exhaustion and irritability

How to reduce the risks

- Start with a low dose and take it slow
- If you are going to re-dose, wait at least an hour
- Try and set a limit to stick to
- Avoid mixing with other substances, including other stimulants or downers
- Avoid sharing injecting or snorting equipment to reduce the risk of infection
- Stay hydrated, use electrolytes and try to eat/sleep after using
- If engaging in sexual activity, practice safer sex by having regular sexual health screenings, using condoms, gloves or consider speaking to your local sexual health clinic or service about options of PrEP, PEP or DoxyPEP and vaccinations
- Test your drugs. Send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk/youngpeople

**inspire**
YOUNG PEOPLE