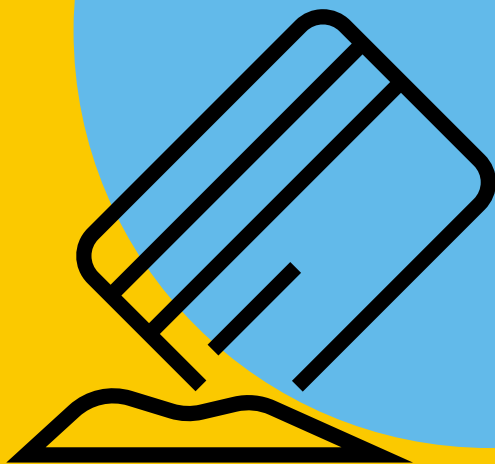


COCAINE



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.turning-point.co.uk

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