

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

inspire