

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



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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