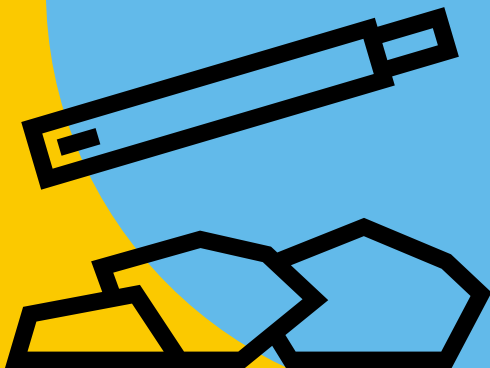


CRACK COCAINE



KNOWN AS

Crack, rocks, coke, stones, wash



HOW IT'S USED

Crack cocaine is a crystalised 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.turning-point.co.uk**

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