

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

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