

## WHAT HAPPENS IF YOU ARE CAUGHT WITH A CONTROLLED DRUG?

- You **WILL** be arrested
- You **WILL** be interviewed under caution by the Police or Customs
- The drugs **WILL** be confiscated
- You may face a charge which would lead to a court appearance
- If convicted you **WILL** have a criminal record
- If caught dealing or importing drugs you are likely to face a lengthy prison sentence

## WHAT HAPPENS IF YOU GET A CRIMINAL RECORD?

- You may not be able to travel to certain countries, even for a holiday
- You may have to disclose a drug conviction on a job application
- There may be some jobs you can't do if you have a drugs conviction e.g. armed forces, teacher, nurse

## HELP AND ADVICE

New products are being sold as plant food, pond cleaner and research chemicals with the majority labelled 'not fit for human consumption'.

This is with good reason as they have **NOT** been tested on how they will affect a human both in the short term and long term; whilst some of the chemicals used are suspected to be carcinogenic.

There have been anecdotal reports of many different effects that occur with these drugs .

Combining alcohol with any substance that causes a 'high' is extremely dangerous and can be lethal.



New NRG products contain compounds which are bogus so no one really knows the content of these substances.

## USEFUL CONTACTS

Drug Concern  
Tel. 729000

Action for Children  
Tel. 700218

Youth Alcohol Worker  
Tel. 700218

Community Drug & Alcohol Team  
Tel. 725241

Drug & Alcohol Strategy Coordinator  
Tel. 717384

[www.substance.org.uk](http://www.substance.org.uk)

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DRUG & ALCOHOL STRATEGY

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# ILLEGAL HIGHS



## Emerging Drugs of Concern

## SYNTHETIC CANNABINOIDS (PRODUCTS SUCH AS SPICE)

### What are they?

- Man-made chemicals designed to mimic the effects of cannabis
- Sprayed onto dried plant ingredients
- Sold as 'herbal smoking mixes'
- Sold in a foil pouch/packet



### Slang/Brand:

Herbal smokes, Spice Gold, Spice Diamond, Incense, Devil's Weed, Amsterdam Gold.

### Effects:

- Cannabis-like effects – relaxed, giggly, nausea, hunger pangs, talkative, poor concentration and co-ordination
- Paranoia, panic attacks, memory loss
- Breathing problems with heavy use

### Risks:

Some of the ingredients can cause cancer. You may find it difficult to stop regular use and when you do, you may experience withdrawal symptoms, such as cravings for more, irritability, mood changes, appetite disturbance, weight loss, difficulty sleeping and even sweating, shaking and diarrhoea.

**It is very dangerous to mix these substances with other drugs, especially alcohol.**

Because the strength and content of these products may vary greatly, you can never be certain how you will react and what harm you may suffer. Regular use of products containing stronger synthetic cannabinoids may increase the risk of developing psychotic illnesses including schizophrenia.



## CATHINONES (SUCH AS MEPHEDRONE)

### What are they?

- Stimulant drugs that mimic amphetamine (speed), cocaine and MDMA (ecstasy)
- Mephedrone is a well known cathinone
- White powder, sold in bags or wraps. Injected, snorted or wrapped in a cigarette paper and swallowed (bombed)
- Advertised as plant food, bath salts, research chemicals
- NOT FOR HUMAN CONSUMPTION

### Slang terms:

Meph, MC, MCAT, m-cat, 4-MMC, Miaow, Meow Meow, Bubbles, Bounce, Charge, Drone, White Magic.

### Effects:

- Palpitations, insomnia, loss of short-term memory, vertigo, grinding of teeth, sweating and uncomfortable changes in body temperature
- Overheating can result in death
- Paracitosis – severe itching of the skin
- Severe and unhealthy weight loss
- Euphoria, alertness, and talkativeness

### Risks:

When injected, the risk of harm is increased with the possible transmission of blood borne viruses such as Hepatitis C (from unsafe practices) and HIV. There is also a risk of developing abscesses and damaged veins.

Mephedrone can reduce inhibitions, cause drowsiness, excited, agitated or paranoid states, hallucinations, fits, seizures and coma. It can also over stimulate the heart and affect circulation, causing blue or cold fingers. Severe nosebleeds have been reported after snorting. It has been reported that these drugs can be very addictive; once users start a session, they can find it very difficult to stop until they've used their entire supply - behaviour known as 'fiending'. This can lead to increased risk to health.

**Mephedrone has been identified as a possible contributor to a number of UK deaths.**



## NAPHYRONE

### What is it?

- A stimulant drug closely related to 'cathinones'.
- A white powder very similar to mephedrone, mimicking cocaine but much stronger.
- Often described as plant food, pond cleaner, bath salts or a research chemical
- NOT FOR HUMAN CONSUMPTION.

### Slang terms:

NRG-1, NRG2, Energy1, Energy2, Rave.

### Effects:

- Causes anxiety and paranoia
- Overstimulates the heart and circulation, as well as the nervous system, to cause fits
- Can become highly addictive and with continual use raises the likelihood of harm
- Euphoria, alertness and talkativeness

### Risks:

The contents of these products are very inconsistent and unpredictable and may be carcinogenic.

**They are extremely potent so the risk of overdose is very high.**

**Other risks include reduced inhibitions, drowsiness, coma, seizures, and death.**

**Effects, including the risk of death, could be increased if used with other substances, including alcohol.**



## The Law

**All these products are illegal to possess, deal or import as they are Class B controlled drugs.**