

Facts & Advice about Drugs

AMPHETAMINE

(Class B) - Speed, Whizz, Sulph, Meth, Ice

It is a stimulant that is usually white, grey, yellowish or pink wet powder that has a strong scent. It can be taken by snorting, dabbed, swallowed, injected or mixed into a drink.

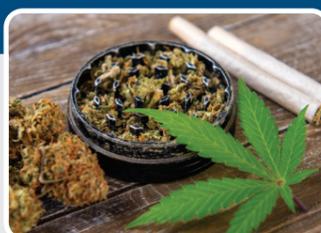


Risks – increased heart rate, problems eating and sleeping, anxiety, paranoia.

CANNABIS

(Class B) - Weed, Skunk, Puff, Resin, Marijuana, Herb, Hash, Grass, Ganja, Dope

Comes in 3 forms: herbal, resin and oil. Often smoked, inhaled or eaten. Can be mixed into cakes or drinks. The hallucinogenic effects of cannabis is due to a compound in cannabis called THC (tetrahydrocannabinol). This is the illegal part in the UK. The difference between CBD (cannabidiol) and THC is how they effect you. THC gets you 'high', while CBD won't.



Risks – lung cancer; poor lung function; becoming demotivated, lethargic; uninterested and possibly long term impact on your mental health.

BENZODIAZEPINES

(Class C) - BENZO'S- Valium, Xanax, Street Valium (MSJs)

It is usually prescribed to treat a range of conditions, including anxiety and insomnia. Prescribed Valium is blue or yellow to indicate dosage, street Valium does not follow the same pattern which means you are unaware of the dosage.



Risks – highly addictive. Withdrawal can cause insomnia, nausea, anxiety, depression, aches and pains.

NEED HELP AND ADVICE?

Call free: 0300 7904044.
Email: SWANSEA@newidcymru.co.uk

FOR HARM REDUCTION ADVICE VISIT:
www.newidcymru.co.uk

WANT TO REPORT SOMETHING?
www.south-wales.police.uk/contact/af/contact-us

SYNTHETIC CANNABINOIDS

(Class B) - Spice, Mamba, Legal Highs

They are not just a single drug, but different man-made chemicals. They were designed to replicate cannabis.



Risks – easy to overdose due to its strength being different every time. Can include temporary psychotic states and unpredictable behaviors. Sudden increase in heart rate, hallucinations, vomiting, aggression and violence with an intense comedown that can cause suicidal thoughts.

COCAINE and CRACK COCAINE

(Class A) - Charlie, C, Percy, Snow

It is a strong stimulant and is a white powder and is usually snorted, though may be swallowed. Crack cocaine is produced through a chemical process that produces rocks and is usually smoked in a pipe, glass tube, plastic bottle or in foil, however, can also be injected.



Risks – highly addictive which can quickly lead to physical and mental dependence. Increase in heart rate, increase body temperature, tiredness and depression, paranoia.

HEROIN

(Class A) - Brown, China White, Gear, H, Smack

It is a powerful opiate which are often used as painkillers and is usually taken through snorting, smoking or injecting. It is often an off white or brown powder depending on what it has been cut with.



Risks – highly addictive which can quickly lead to physical and mental dependence. Regular use leads to increased tolerance and the need to use more to feel 'normal'.

NITROUS OXIDE

Laughing Gas, Hippy Crack, Nos

It is a colourless gas and most often found in pressurized canisters. When inhaled for example from a balloon, it can make people feel happy and relaxed. It can also cause dizziness and hallucinations.



Risks – can cause headaches, nausea and due to lack of oxygen to the brain can cause someone to fall unconscious and may experience heart issues. Heavy and regular use can cause nerve damage and anemia.

ECSTASY-MDMA

(Class A), Brownies, Dolphins, Doves, E, Mandy, Molly

Usually comes as a pill and in a variety of colours and shapes. It can be found in powder and is usually snorted, swallowed or dabbed (rubbed onto the gums). It is a stimulant and has mild hallucinogenic effects.



Risks – increase in heart rate, blood pressure, anxious and confused. Can take several days to fully 'come down' and make people tired and depressed.

GHB-Gamma-hydroxybutyrate / GBL- Gamma-Butyrolactone

(Class C (but is being reclassified to Class B))

It is a relaxant and can be a White powder or a clear liquid. As a central relaxant it can create a potent sedative effect when mixed with alcohol or ketamine. Due to its power as a sedative and naturally odourless liquid form, GHB is known to be used as a 'date rape drug'.



Risks – small amounts may make you feel relaxed, a little more can lead to dizziness, disorientation; more can result in nausea, vomiting, and muscle spasms, vertigo, chest pains and loss of consciousness.

KETAMINE

(Class B)-Donkey dust, Special K, Super K

It is a general anesthetic and comes in liquid form, tablets and a white crystalline powder. Powdered Ketamine is often snorted or wrapped in paper and swallowed (Bombed).



Risks – can cause hallucinations, memory loss, panic attacks, depression, impairs your ability to move and function, cause seizures and breathing issues. Your body increases its tolerance towards it, so it takes more to create the same experience.

GENERAL HARM REDUCTION

Don't take drugs in the first instance. You don't know what it actually contains. There is no quality control.

- Drug use can affect your mental and physical health, job prospects, relationships and your future.
- Keep hydrated, sip water occasionally. Avoid alcohol as this causes dehydration.
- Use in a safe environment with trusted peers. It's ok to tell each other to take it easy or say no. Don't let anyone go off by themselves. If you or anyone feel unwell, call 999 and administer first aid.
- Don't share paraphernalia.
- Keep your use occasional. Always use in small amounts and leave breaks between doses.
- Some people experience suicidal thoughts, feelings and depression after taking drugs. Stay with someone, keep numbers of people you can talk to in your phone. Make sure you seek help for yourself or your friend.

PENALTIES (up to)

CLASS	POSSESSION	SUPPLY
A	7 years	Life
B	5 years	14 years
C	2 years	14 years



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If it's not 999, report it online



Cymru/Wales
CrimeStoppers.
0800 555 111
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100% anonymous. Always.

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