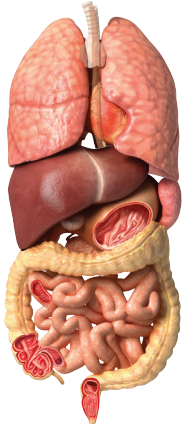


# DRUGS

## LONG TERM DAMAGE



**Hidden harm to internal organs;** Liver , Heart, Kidneys, Bladder



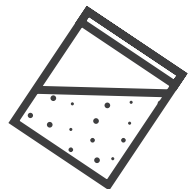
**Mental health issues:** Panic attacks, Anxiety, Depression, Increased risk of suicide

**Greater risk of sexually transmitted diseases**

## KEY FACTS



Deaths involving Novel Psychoactive Substances **tripled** between 2011-2013 <sup>1</sup>



Deaths linked to **cocaine** have risen by over **20%** in the past 12 months <sup>2</sup>



Drug-related hospital admissions have increased in the long term by **75%** since 2003 <sup>3</sup>

1 Office of National Statistics  
2 Office of National Statistics  
3 NHS.UK

## SOCIAL EFFECTS OF DRUG MISUSE

**Social effects can include:**

- Work problems; increased risk of testing possibly leading to unemployment
- Family and relationship issues
- Debt
- Isolation
- Criminal activity

## SEEKING HELP WITH DRUG ABUSE

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)  
Friendly, confidential drugs advice

[www.talktofrank.com](http://www.talktofrank.com)

**NHS choices**  
**Live Well**

Healthy living for everyone

<http://www.nhs.uk/Livewell/drugs/Pages/Drugshome.aspx>

# DRUGS



# DRUGS

## CANNABIS...

- Is a Central Nervous System Depressant
- Is an illegal Class B drug. The maximum sentence for possession is up to 5 years in prison, a fine or both
- Used with alcohol can cause 16 times more accidents than singular use\*
- Increases the risk of being drug tested if you have an accident at work
- Is detectable in saliva for approximately 2–24 hours, so users could risk a positive result in a workplace drugs test



## COCAINE...

- Is a Central Nervous System Stimulant
- Is an Illegal Class A drug. The maximum sentence for possession is up to 7 years in prison, a fine or both
- Can be cut with other substances including painkillers eg. Lidocaine or phenacetin, which can cause cancers; and other powders such as laxatives and veterinary worming tablets
- Mixed with alcohol creates cocaethylene, which is more toxic than either drug alone. The risk of a heart attack is 24 times greater\*
- Is detectable in saliva for approximately 2-5 days, so testing positive for drugs at work after the weekend is a risk

## NPS...NOVEL/NEW PSYCHOACTIVE SUBSTANCES

- NPS are depressants, stimulants and hallucinogens depending on what you use
- They have also been known as 'legal highs' but they are NOT LEGAL and NOT SAFE!
- The maximum sentence for possession is 7 years in prison
- Many NPS' are sold under brand names like 'Clockwork Orange', 'Bliss' and 'Mary Jane'
- Some have been linked to poisoning, emergency hospital admissions and in some cases, death

### DANGERS AND PROBLEMS INCLUDE:

- Impaired co-ordination – difficulties operating machinery/driving etc
- Lack of concentration and confusion
- Difficulties learning new tasks
- Memory loss
- Loss of motivation; tiredness
- Difficulties sleeping
- Mood changes, irritability
- Anxiety and depression
- Paranoia, hallucinations

### DANGERS AND PROBLEMS INCLUDE:

- Arrogance, aggression, over confidence
- No appetite
- Breathing and respiratory difficulties, palpitations or heart failure
- Nose bleeds, perforated septum
- 'Come down'/'Crash'. This can last for days
- Lack of concentration, tiredness
- Flu-like symptoms, mood swings
- Agitation, feeling twitchy
- Anxiety, panic attacks and depression
- Paranoia

### DANGERS AND PROBLEMS INCLUDE:

- Stimulants - can cause anxiety, paranoia, psychosis
- Depressants - forgetful, unsteady, risk of accident. Can cause unconsciousness, coma, death
- Psychedelics/hallucinogens - confusion, panic, hallucinatory reactions, "bad trips"
- Synthetic cannabinoids - fast heart rate, high blood pressure, seizures, sweating, agitation, increased body temperature

When you buy NPS, you can never be sure that what you are buying is what it is claimed to be.

This means you could end up taking a drug which has stronger or different effects and risks than you expected.