

WHAT ARE THE RISKS

GHB and GBL

- GHB is made by mixing GBL (an industrial solvent) with caustic soda). If you swallow GBL your stomach acid turns it into GHB.
- Overdose. GHB is a sedative drug and too much can kill. GBL is more dangerous than GHB as it's harder to control the dose.
- Mixing GHB and alcohol is really bad news. Both are sedatives so the risk of overdose increases. Being unconscious means you are unable to protect yourself. GHB is used for 'date rape'
- GHB can be addictive—regular users find it hard to stop and get withdrawal symptoms (feeling sick, anxious and unable to sleep without GHB)
- GHB and GBL are class C drugs

WHAT ARE THE RISKS

MEPHEDRONE

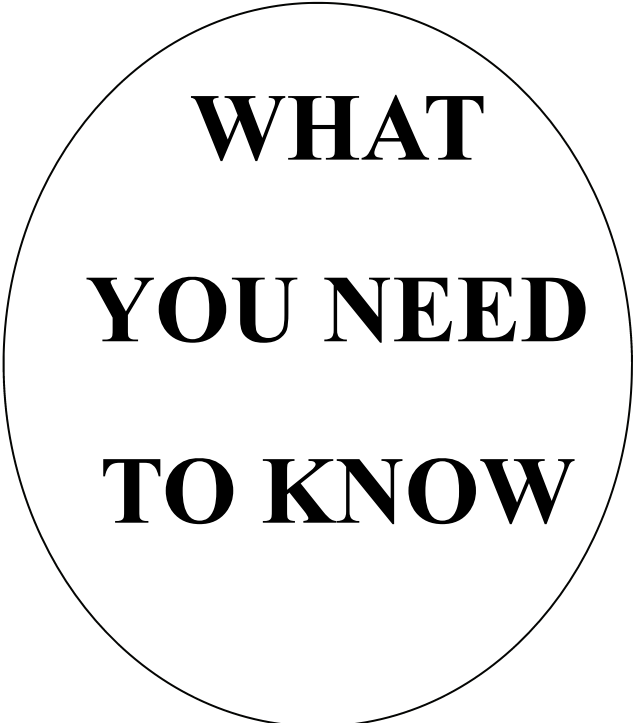
- Meow is a stimulant drug—it increases blood pressure and can cause heart problems
- Blood circulation is affected—hands, feet, knees and elbows can turn blue through lack of blood supply
- Meow affects short term memory when you use it—people forget what they have just done
- Overdose. Users report wanting to take more before that last dose has worn off. Overdose symptoms are being too hot, heart palpitations and having seizures.
- No one knows what the long term risks of Mephedrone use are.



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New drugs
and
legal highs



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WHAT ARE THE NEW DRUGS?

We call them new drugs because people haven't been using them for very long. They are all illegal under the Misuse Of Drugs Act. The most commonly used are:

- Ketamine
- GHB and GBL
- Mephedrone (Meow, M-Cat)

There are lots of other new drugs such as Spice, BZP, 2CB and 4-MTA (you can look them up on talktofrank.com or drugscope.org).

The one thing these drugs have in common is that we know very little about their long term affects - or the risks to people's health.

With Mephedrone we are still finding out what the short term risks are!

NEW DRUGS = NEW DANGERS

WHAT ARE LEGAL HIGHS?

These are plants or chemicals which people take to get high. They are sold as 'not for human consumption' to get round the law—which is why Meow was sold as 'plant food'.

NRG1 (Naphyrone) is a very strong stimulant. * **STOP PRESS NRG1 reclassified as Class B on 23 July 2010—No**

Longer legal—Class B drugs carry a maximum penalty of five years in prison for possession and 14 years in prison for supply, alongside an unlimited fine. Only a small dose is needed (0.03g). It raises blood pressure and body temperature—meaning you can overdose. Users report lots of paranoia.

NRG2 (Neuregulin2) is similar to NRG1

MDA1 is based on an antidepressant drug—it appears to be a milder version of Ecstasy (MDMA).

Sub Coca Dragon and **DMC** are similar to cocaine—but not as strong.

The short and long term risks of these substances are unknown. **NRG1 may be a very dangerous drug.**

LEGAL DOES NOT MEAN SAFE

WHAT ARE THE RISKS?

KETAMINE

- Overdose—too much will shut down your central nervous system (ketamine is an anaesthetic)
- As it's a painkiller you can hurt yourself and not notice a serious injury
- Hallucinations—losing touch with reality (going through the K hole)
- Dependence—some people find it very hard to stop using
- Bladder problems—hardening of the bladder wall (no one starts taking drugs with the aim of having a catheter fitted but it is a risk of ketamine use)
- Ketamine is a class C drug and possession has a maximum sentence of 5 years—14 or dealing)

