

Meow – what the Young People’s Substance Misuse Team knows

Meow, Miaow Miaow, M-Cat, Bubbles are the street names for Mephedrone (Methylmethcathinone)

Meow is not a plant food nor is it anything to do with cats!

Meow is a powerful stimulant drug – like a cross between speed and ecstasy.

Meow is now illegal (March 2010) and has been classified in the B category, alongside cannabis. Possession carries a maximum sentence of five years imprisonment, while dealers could receive up to 14 years.

Young people using it have had the following problems

- Nosebleeds and nasal damage
- Mouth ulcers
- High body temperature (this is called ‘hyperthermia’) – if your body temperature gets too high you can die of heatstroke
- Hands, knees and elbows turning blue – meow affects blood circulation and puts a strain on the heart
- Memory loss – forgetting what you’re doing when using meow
- Using much more than you wanted to – forgetting when you last had a line and using too quickly
- Very bad comedowns – often taking a few days to recover and feel normal again
- Some female users have reported urinary infections after using meow

Meow is a white powder – it can be cut with any other white powder such as ketamine, GHB, or speed. We strongly advise not drinking alcohol when using meow.

We don’t know what the long term effects of using meow will be. But we do know that people are reporting problems much quicker than with other stimulant drugs.

If you are worried about meow use please get in touch by calling us on 01743 369345 – all calls are confidential.