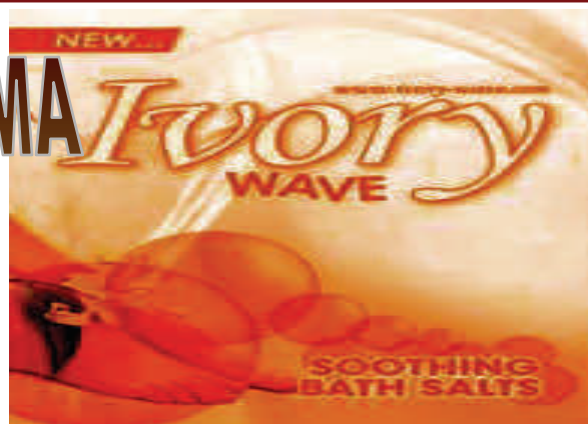


Information on illegal Drugs and Legal Highs



Ecstasy/MDMA

K2/Spice



Ketamine

LSD



Heroin



Amphetamines

Hydromorphone

Cocaine

Methadone

Khat

Methadone

M

Methamphetamine



2CB Also known as: Bromo, Nexus, CB, 2Ci

Category: Hallucinogen & Stimulant



Comes as a white powder or tiny pills.

Normally swallowed but can also be smoked or snorted.

Immediate effects

At low doses the effects are very similar to that of ecstasy.

At higher doses the user experiences effects similar to that of LSD and ecstasy. Users are very aware of colours, sounds and smells. The effects usually last for 2-4 hours.

Risks

Short term: The drug can cause hallucinations similar to that of LSD. Taking 2CB can induce panic attacks.

Long term: Regular use may lead to feelings of anxiety, disorientation and extreme tiredness. Users may become prone to depression and in some cases individuals may experience psychotic syndromes, visual illusions and depersonalisation.

Alcohol Drunk as 'alcopops', spirits, beers and wines

Category: Depressant



Immediate effects

Reduces inhibitions and increases sense of relaxation.

Each unit of alcohol takes approximately one hour for the liver to process.

Risks

Short term: Hangover including dehydration, headache, nausea, sensitivity to noise and bright lights, and depression. Intoxication can lead to aggressive/irrational behaviour and accidents.

Long term: Regular heavy drinking can cause stomach disorders, cancer of mouth, and throat, increased risk of stroke, liver cirrhosis, brain damage (including memory problems), high blood pressure, problems with the nervous system, changes in physical appearance (e.g. weight gain, thread veins and purple, bulbous 'drinkers nose'), sexual and mental health problems, and family and work problems.

Amphetamines Also known as: Speed, Whizz, Sulph, Base

Category: Stimulant



Grey or white powder that is snorted, swallowed, smoked, injected or dissolved in drink.

Tablets are swallowed.

Associated paraphilia: Possibly needles & Syringes

Immediate effects

For 3 to 4 hours users feel animated, over-confident, and full of energy. Appetite and ability to sleep are adversely affected.

Risks

Short term: Some users may feel tense and anxious while using and afterwards many feel very tired and depressed. The drug can cause sudden death from heart attack or stroke.

Long term: Frequent high doses can cause panic, *hallucination* and weight loss. Heavy long-term use places strain on the heart and can cause mental illness. Amphetamines are addictive.

Amyl Nitrite Also known as: Poppers, TNT, Liquid Gold, Alkyl Nitrite, ram, thrust, rock harm, kix, TNT, liquid gold, locker room, purple haze. Butyl Nitrite



Clear yellow liquid, smells sweet when it's fresh and 'sweaty' when it's not. *Vapour* is breathed in through nose or mouth from a small bottle or tube.

Sold as Room Aromas or Deodorisers in sex shops and some clubs.

Immediate effects

Almost instant 'head rush' with flushed face and neck.

Lasts 2 –5 minutes.

Risks

Short term: Pounding headaches, nausea, fainting, and bulging eyes. If spilled it can burn the skin and may be fatal if swallowed. People with anaemia, *glaucoma* and breathing or heart problems are most at risk.

Long term: Regular use can lead to *tolerance* (greater amount needed to produce same effect) and an increase in risks listed above.

Anabolic Steroids Also known as: Roids. Trade names: Sustanon 250, Deca-Durabolin, Dianabol, Anavar, Stanozolol



Steroids come in liquid or tablet form.

The tablets are swallowed and the liquid is usually injected.

Immediate effects

Sports enthusiasts claim steroids make them able to train harder and can help build muscle mass. The drug can also make users feel more aggressive.

Risks

Short term: Taking steroids can mean normally calm people can become aggressive or even violent. If you're young, anabolic steroids can affect the natural development of the body. If you're male, you can get erection problems, grow breasts, become sterile and develop acne.

It can also make your testicles shrink. If you're female, you can get extra facial hair, a deep voice, shrinking breasts and an increased risk of menstrual problems. Injecting any drug can cause vein damage, ulcers and gangrene. Dirty or shared needles and other injecting works can also help the spread of HIV and hepatitis.

Long term: Long term usage can lead to *paranoia*, confusion and sleep problems. You could also experience dramatic mood swings and suffer long-term depression. Steroid use can lead to increased blood pressure and increases the likelihood of liver failure, stroke or a heart attack.

Cannabis Also known as: Hash, grass, weed, reefer, ganjha, skunk, smoke, resin, solid, soapbar and council

Category Depressant, Analgesic, Stimulant and Hallucinogen



Comes as solid lump 'resin'; leaves, stalks and seeds called 'grass'; or sticky dark oil. Can be smoked or cooked and eaten with food.

Associated paraphernalia

Rolling papers such as Rizla, pipes, bongs.

Immediate Risks

Users feel relaxed and may have sharper sense of colours and sounds. Some feel urge to eat. If taken in food, effects can be stronger and harder to control.

Risks

Short-term: Impairs ability to concentrate and conduct complex tasks. Can lead to tiredness and lack of motivation.

Long term: Regular heavy use can lead to development or worsening of mental health problems including *paranoia*. Smoked with tobacco, it increases health risks associated with tobacco use and can lead to nicotine addiction. Very heavy use can lead to withdrawal symptoms. Can lead to heart and breathing problems.

Cocaine Also known as: coke, charlie, cheech, chico, chong snow, white stuff, fairy dust, snifter, crack, rock, freebase.

Category: Stimulant



Cocaine is a white powder that is snorted or dissolved and injected. Crack, a stronger version, comes as rocks or stones and is smoked or injected. Cocaine can have varying levels of purity and can be cut with anything from Phenacetin, a painkiller now banned in many countries due to its links to cancer and kidney damage, Lidocaine a local *anaesthetic* and drug designed to suppress abnormal rhythms of the heart and Levamisole a de-worming drug used by vets, to substances such as caffeine, sugars and starch.

Associated paraphernalia

Razors, mirrors, something to snort through, glass pipe, needles and syringes.

Immediate effects

Cocaine acts fast and lasts about 30 minutes. Users feel confident, strong and alert, and may be left craving more. Crack acts faster. More intense effects last about 10 minutes.

Risks

Short term: Some users may feel tense and anxious while using and afterwards many feel very tired and depressed. It can also cause *convulsions*, chest pain and sudden death from heart attack or stroke. Sniffing can damage the inside of the nose. Smoking crack can cause breathing problems and lung damage.

Long term: Frequent use can lead to *paranoia*, *hallucinations*, aggression and weight loss. Cocaine and especially crack cocaine are highly addictive. *Chronic* use also causes severe damage to heart and circulation, brain damage and severe mental health problems.

Ecstasy Also known as: 'E' pills, Sweeties, MDMA (chemical name), Eckies, X, Jabs Category: Stimulant/H hallucinogen
Category: Stimulant / Hallucinogen



Tablets of different shapes, sizes and colours - often with a designer logo.
Taken by swallowing the tablet.

Immediate effects

Within 20 minutes to one hour, increases energy and sense of well-being. Sounds, colours and emotions more intense.
Lasts up to 6 hours.

Risks

Short term: Use can lead to overheating and *dehydration* if users dance without taking breaks or sipping non-alcoholic fluids. This can be fatal. Drinking a pint of liquid every hour and eating a salty snack from time to time are advised. Users can feel tired and depressed for a few days after use.

Gamma hydroxybutyrate Also known as: GHB, GBH, Gabba, Liquid Ecstasy, 'G' Similar substances: Gamma-butyrolactone (GBL)
Category: Depressant



GBL is closely related to gamma-hydroxybutyrate (GHB); both are dangerous drugs with sedative and anaesthetic effects. GBL converts to GHB shortly after entering the body. Comes in small bottles. Colourless, odourless liquid. Sometimes it also comes in capsule form. Liquid and capsules can be swallowed. It is a common solvent used in products like paint strippers and stain removers.

Immediate effects

GHB and GBL produce essentially the same effects and vary greatly in strength. They both produce a feeling of *euphoria* and can reduce your *inhibitions* and make you feel sleepy.

Risks

Short term: Larger doses can cause drowsiness, sickness, disorientation, convulsions, coma and breathing difficulties. Can cause nausea, reduced heart rate, drowsiness, coma, hypothermia, seizures, unconsciousness, coma and death. Due to their effect GHB and GBL have been linked to drug-assisted sexual assault.

Heroin Also known as: Smack, Skag, H, Junk, Gear, Kit
Category: Depressant



Brownish-white powder. Some heroin comes in a brown/black form that looks like hard toffee. Smoked, dissolved or injected.

Associated paraphernalia: Needles, syringes, spoon, lighter or candle.

Immediate effects

Slows the brain, heart rate and breathing. Effects can make the user relaxed, drowsy and numb, detached from worry, and oblivious to pain.

Risks

Short term: There is a real risk of drug overdose, possibly leading to coma or death. Heroin is often mixed with domestic household substances and other additives which can be harmful.

Ketamine Also known as: K, Special K, Vitamin K, Ket, Horsey

Category: Hallucinogen



Usually comes in the form of a white powder (sometimes in tablet form, sold as ecstasy) or a liquid.

Can be swallowed, inhaled or injected.

Immediate effects

A powerful anaesthetic used on humans & animals, it can produce 'out of body' experiences, numbness and hallucinations.

Risks

Short term: Can cause problems with vision, loss of coordination, and frightening hallucinations. It's particularly dangerous if used in combination with depressants such as alcohol or heroin. It can make some mental health problems worse.

Long term: Prolonged use can cause disorientation and detachment from reality, the long-term effects are well understood.

Khat Also known as: Quat, Qat, Qaadka, Chat

Category: Stimulant



Khat is a leaf which is chewed over a number of hours.

Immediate effects

Acts as a stimulant and can increase feelings of alertness and make users feel more talkative.

It also acts as an appetite suppressant.

Risks

Short term: It can increase feelings of anxiety and aggression. Some users find it makes them very irritable, in some cases extremely angry and violent. Anyone suffering from pre-existing mental health problems should avoid using Khat.

Long term: Frequent users may develop insomnia, heart problems and sexual problems like impotence.

LSD Also known as: Acid, Trips, Tabs



Comes in small squares of paper, often printed with designs, or as tiny tablets called microdots and dots.

Tablets are swallowed. It is a myth that LSD can be absorbed through the skin from transfers.

Immediate effects

Hallucination—the 'trip'. Starts within an hour and can last 8 - 12 hours or longer. Surroundings seem altered, colours brighter, sounds different, movement and time may seem distorted.

Risks

Short term: Trips cannot be controlled or stopped. A bad trip can be terrifying, which requires help and reassurance from others. Mental health problems can be triggered and existing conditions made worse.

Long term: Users may have 'flashbacks' where they relive a trip without taking the drug again.

Magic Mushrooms

Also known as: Shrooms, Mushies

Category: Hallucinogen



Grow wild the autumn and are eaten raw, dried, cooked in food, or stewed into a tea.

Immediate effects

Similar to LSD but the trip is usually milder and shorter, often lasting about 4 hours. However, this dependant on the dose,

Risks

Short term: Stomach pains, sickness and diarrhoea. Poisoning by eating wrong kind of mushroom by mistake. Can complicate mental illnesses.

Mephedrone

Also known as: 4MMC, Meph, M-cat, Magic, Plant Food, Bubbles Similar substances: Methylene, Methedrone, MDPV



Mephedrone is a stimulant drug belonging to the chemical family of the 'cathinones' group of drugs. Cathinones are a group of drugs related to amphetamine compounds like ecstasy. Cathinone substances such as mephedrone and MCAT come in capsules and powders and are sometimes mixed with other cathinones and caffeine. When sold over the internet, mephedrone is often described as a plant food, research chemicals or bath salts, and not for human consumption.

Immediate effects

Effects are those of a stimulant somewhat like MDMA. It may produce euphoria, alertness, talkativeness and feelings of empathy. But also anxiety and paranoid states in some.

Risks because these drugs are relatively new, the risks are unpredictable and are often still being researched.

Short term: Severe nosebleeds have been reported after snorting as well as anxiety, paranoia agitation and hallucinations. There is a risk of over-stimulating the heart and nervous system, which would increase the chances of having a seizure. Other effects that have been reported include palpitations, insomnia, loss of short-term memory, vertigo, grinding of teeth, sweating and uncomfortable changes in body temperature You increase the risks if you combine alcohol with mephedrone or any substance that causes a 'high', including increasing the risk of death.

Long term: Some reports say it can be compulsive to use and can create a state of psychological dependence. It has recently been made illegal in a number of countries due to growing evidence of harms. Mephedrone has been identified as a possible contributor to deaths in the UK.

Methadone

Also known as: Meth, Linctus

Category: Depressant



Comes as a green, amber or blue mixture liquid, or as white tablets. Usually swallowed.

Immediate effects similar to heroin, although less intense but longer acting.

Risks

Short term: Drug overdose, possibly leading to coma or death, if taken by someone not used to the drug. Should only be taken as part of a prescribed and supervised programme to treat addiction to opiate drugs, especially heroin.

Morning Glory Also called: ipomoea, strawberry fields, bliss extra, druids fantasy, dionysus, mind broadening, BC2, mindscaping, shrooms **Category: Hallucinogens**



Contains a powerful hallucinogen LSA (lysergic acid amide), similar to LSD.

Short-term effects

Effects begin after an hour and can last for 4-8 hours. Your perceptions of time, sounds and vision may be altered.

Possible feelings of euphoria – extreme happiness. You may experience extreme tiredness

Long-term effects

Flashbacks. You may risk psychological disturbance if you use heavily. Indifference and apathy. Possible decreased psychomotor activity

You may experience extreme tiredness. Possible decreased psychomotor activity

Other dangers

Overdose may cause a psychotic episode Do not use if you are pregnant as we don't know enough about the risks to your baby.

No urine test for this yet

Naphyrone Also known as: NRG-1, NRG1, Energy-1, Energy1, Rave **Category: Stimulant**
Similar substances: Methyldone, Mephedrone, Methedrone, Amphetamine, Speed, MDMA



Naphyrone is a fine white or off-white/yellow powder, usually snorted like cocaine or swallowed 'bombed' in wraps of paper.

It is a stimulant drug closely related to the chemical family of the 'cathinones' group of drugs including mephedrone. They are 'cousins' of the family of amphetamine compounds which include speed, methamphetamine and ecstasy (MDMA), among many others.

When sold over the internet, it was often described as a plant food, research chemicals or bath salts, and not for human consumption.

Immediate effects

Effects are those of a stimulant somewhat like MDMA. It may produce euphoria, alertness, talkativeness and feelings of empathy. But also anxiety and paranoid states in some.

Risks

Naphyrone does not have a long history of use, so there is little evidence of its long term effects or on the risks from using it. Likely dangers associated with naphyrone are becoming clearer as more reports emerge.

Due to its similarity to other cathinone substances, naphyrone is likely to share the same risks such as substances, for example, mephedrone. Risks of mephedrone can include anxiety, paranoia and over-stimulation of the heart and the nervous system, which could increase the chances of having a fit. Other risks include reduced inhibitions, drowsiness, coma, seizures, and death.

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

The high potency of naphyrone by comparison with other cathinones like mephedrone suggests that it is likely to be associated with a higher risk of accidental overdose.

Piperazines Also known as: BZP, Party Pills, Fast Lane, Silver Bullet, Smiley's, Happy Pills, Pep

Category: Stimulant



The best-known are BZP (Benzylpiperazine), TFMPP, DBZP and mCPP, which mimic the effects of ecstasy. They are also used in industry to make plastics, resins, pesticides, brake fluid and a variety of materials and products. Some act as effective worming agents for pets and farm animals. BZP can come in different coloured pill form and is also sold as an off-white powder, in capsules and as a liquid.

Immediate effects

The effects are similar to ecstasy but it is not as potent. Effects can last for 6 – 8 hours. With decreased appetite and sleeplessness. Users often suffer a severe hangover-like reaction that can last for up to 24 hours.

Risks

Short term: Agitation, vomiting, stomach pain, fits, irregular heart rhythms, diarrhoea, allergic reactions & fever have all been reported.

Long term: Risky if taken by anyone suffering from high blood pressure or a heart condition. Perfectly healthy young people can have a fit or heart attack after taking stimulant drugs. You may not know that you have a pre-existing heart condition. Mixing BZP with amphetamines (like ecstasy and speed) and alcohol can be very dangerous. In rare cases us-

PMA Also known as: Chicken Yellow, Chicken Fever, Double Stacked, Killer

Category: Stimulant



Usually a white tablet which is unusually thick compared to ecstasy, hence the name 'Double-Stacked'. PMA is swallowed.

Immediate effects Users report experiencing similar effects to ecstasy although effects last substantially longer.

Risks

Short term: PMA affects the body's temperature control and as it is stronger than Ecstasy the risk of overheating is much greater. Users require immediate help if they feel their temperature soaring and anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a very dangerous reaction to the drug. Frequent use can also bring on paranoia and depression.

Solvents Also known as: Glue, Gas, Aerosols

Category: Depressant



Butane gas cigarette lighter refills, disposable cigarette lighters, aerosol sprays (hairsprays, air fresheners), whipped cream cans and glue tins or tubes. Sniffed or breathed in through a cloth or sleeve. It has been known for gas to be squirted straight into the back of the throat.

Immediate effects

Similar to being very drunk. Users feel dizzy, giggly and light-headed. Some hallucinate. Effects last from a few minutes to 30 minutes.

Risks

Short term: Hangover for a day or two. Nausea, vomiting, blackouts, bad cough, spots/sores around mouth, persistent cold and heart problems. Inhaling with a plastic bag can cause suffocation. It is extremely dangerous to squirt gas into the mouth as this can cause sudden death. Sometimes people's hearts stop beating if they have been sniffing solvents.

Long term: Damage to brain, liver, kidneys, nervous system, lungs and reproductive organs.

Synthetic Cannabinoids Also known as: Spice

Category: Hallucinogen



Products like 'Spice' are likely to contain synthetic cannabinoids which is a chemical produced to mimic the psychoactive effects of THC (tetrahydrocannabinol), the active compound in cannabis.

Herbal smoking mixtures tend to be a mix of inert plant ingredients that are sprayed with synthetic cannabinoid compounds. There is nothing natural or herbal about these compounds, they are man-made.

Immediate effects

Synthetic cannabinoids mimic the psychoactive effects of THC and so the effects - good and bad - are likely to be very similar to cannabis.

Risks

Short term: The chemical composition and ingredients of herbal products like 'Spice' are changing all the time. There are a wide range of possible synthetic cannabinoids that could be used, which is why you can never be sure what you're getting or how it will affect you.

Long term: Regular use of products containing stronger synthetic cannabinoids may increase the risk of later developing psychotic illnesses including schizophrenia.

Experts are concerned that 'Spice' products containing synthetic cannabinoids have the potential to be more harmful than cannabis due to the way they are made and because the compounds present and their potency will be unknown to the user.

Tranquillisers Also known as: Jellies, Tranx, Benzos. Trade names: Valium, Librium, Mogadon, Diazepam, Nitrazepam and Temazepam

Category: Depressant



Tablets or capsules. Can be swallowed or injected.

Immediate effects

Relieves anxiety and tension. Calms users and slows them down. High doses can make users drowsy and forgetful.

Risks

Short term: Dangerous mixed with alcohol or other drugs.

Long term: Regular use can damage short term memory and reduce energy. Almost all tranquilisers are addictive. Withdrawal symptoms include depression, insomnia and panic attacks.

Health Service Executive Information on Legal Highs

What are they ?

'Legal or illegal highs', 'head shop or herbal highs' are names given to psychoactive substances (drugs) that may be on sale in Ireland through shops that sell drug-related products (head shops, hemp shops) and other shops such as sex shops or tattoo parlours. They can also be bought on the internet. These drugs are sold as alternatives to drugs such as cannabis, ecstasy, cocaine, LSD, amphetamines and heroin.

There are several hundred types of these drugs that we know of available.

These include drugs that act as:

sedatives (downers)

stimulants (uppers)

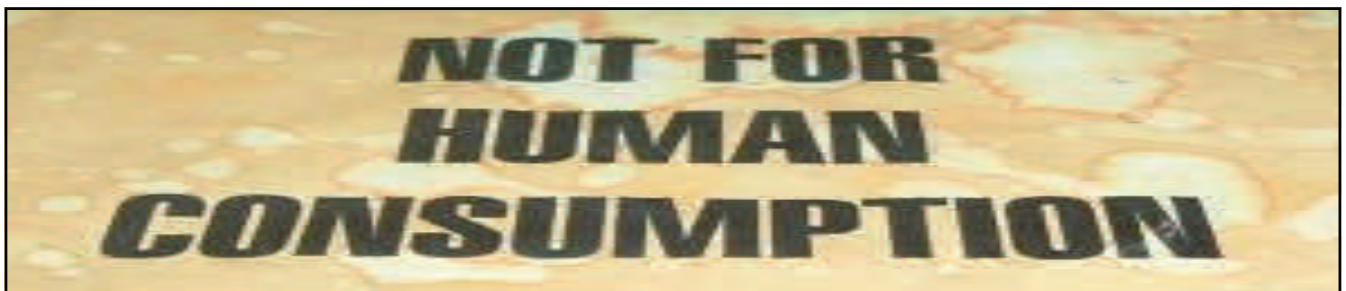
hallucinogens (trips)

aphrodisiacs (sexualstimulants)

Some are herbal meaning they come from a plant. Others are synthetic, meaning they are man-made from chemicals. Most are a mixture of both herbal and synthetic products.

These drugs are all psychoactive substances, that means they alter how you think, feel and behave.

Their effect on physical and mental health is unpredictable and there is a risk of becoming addicted.



Many of these drugs on sale are labelled as 'not for human consumption', so that those selling and supplying these drugs can get around the law and avoid responsibility for any negative consequences or risks. Some drugs have legitimate uses in industry and animal care.

None of these drugs have been tested on humans for safety. We know nothing about the medium or long-term effects of using these drugs. Some or all of them could have dangerous side-effects.

Some can make you confused so that you will be more likely to have an accident or take dangerous risks.

They can cause anxiety, panic attacks, paranoia or even psychotic illnesses. Many are stimulants (uppers) which may stop you sleeping, leaving you exhausted and depressed later on.

These drugs can have negative effects on mental health people often say they feel 'head wrecked' after taking these drugs. They can be toxic to humans, even 'natural' or 'herbal' substances can cause damage such as kidney failure, coma and even death.

Even when a drug is banned, it is possible for someone to re-design or change it slightly so that the altered substance can be re-introduced onto the market.

Even if we could ban all of these drugs currently on sale and close all the shops these drugs will continue to be available.

Some of the Legal Highs

Powders Also known as: There are a large number of 'legal highs' and they can have all kinds of names, including brand names and chemical names, for example: Dimethocaine, Benzo-Fury, 5-IAI, MDAT, Silver Bullet, and Ivory wave. white Columbia, Stardust, Sn*berry and Pure NRG.



Legal Highs

Made from assorted herbs, herbal extracts and 'research chemicals'. They produce the same, or similar effects, to drugs such as cocaine and ecstasy, but are not controlled under the Misuse of Drugs Act.

In many cases, 'legal highs' have been designed to mimic class A drugs, but are structurally different enough to avoid being classified as illegal substances under the Misuse of Drugs Act. An example of this is mephedrone. The substance was created in a lab to mimic the effects of cocaine or ecstasy, but it had a slightly different chemical structure to both of these drugs so that it would not fall under the Misuse of Drugs Act.

Immediate effects

Because legal highs include lots of different substances and what's in them can change, often the immediate effects can vary. There is the possibility of accidental overdosing as the strength of some substances is unknown.

Plants Salvia divinorum also called: diviner's sage, divine mint, magic mint, ska maría pastora, sage of the seers, hallucinogenic sage, sage, the matrix, eclipse, salvia, salvia divinorum



Salvia is a powerful, short acting hallucinogen. You can buy it as a 'natural high'. The fresh plant leaf is light green in colour and dark brown or black when it is dried for smoking. Different strengths are available (10x, 20x, 30x). You can smoke salvia in pipes or joints and you can chew it. Salvia comes from the American plant salvia divinorum, a member of the mint or sage family. It has long been used in religious ceremonies by the Mazatec Indians in Mexico. Salvia has become popular in Ireland in recent years and you can buy it over the internet or in 'head shops' as a legal product.

Short-term effects

The effects depend on the strength of the preparation and the way you take it

The main effects are usually over within 10 minutes but residual effects can last a couple of hours

You may have dramatic images and visions, uncontrollable laughter, echoing of sounds, time distortion and dissociative effects – losing the ability to interact with yourself and those around you. You may feel light-headed and extremely scared

Long-term effects

We don't know enough about the long-term effects of salvia

May cause paranoia

Pills Such as: Energy, Entrophy, Go E. Other stimulant-type substances ('uppers')



How it's used

Since BZP was made illegal, a number of piperazine products came on the market. Up until the recent government ban in Ireland, the chemical mCPP was found in pills sold here. mCPP has similar effects to MDMA (ecstasy). Another popular substance was TFMPP, which is reported to have weak hallucinogenic effects. The effects listed below are known to be associated with these 'pill' type substances sold in head shops. Products that have appeared since the recent ban include, Energy, Entrophy, Go E. After testing, compounds found in these 'post-ban' substance are Dimethylamylamine (DMAA); Fluorotropacocaine (2-PEA); Hordenine; Caffeine; and Glaucine.

Aminoindans are a short acting stimulant ('upper') found in products such as pink champagne and high doses of caffeine. 5HTP(5-hydroxytryptophan) is found in griffonia seed extract. Methylhexanamine is found in geranium extract. Both of these ingredients are found in the product 'Trance'.

Short-term effects

These products have a stimulant effect which speed up your body

Effects can vary from person to person and from each time you use it

Your heart beat speeds up and blood pressure increases

Long-term effects

If you have underlying mental health problems, any drug can trigger them

Smoke such as: mayan, smoke 2



How it is Used

These are mixtures of herbs which are sold as an alternative to cannabis. Previous to the recent government ban on a number of substances sold in head shops, many had been found to be laced with synthetic cannabinoids, which are compounds like cannabis. One of these, JHW-018, was found in some legal highs in Ireland and other European countries. The list of ingredients on the package has not always been found to be the same as the contents found in lab tests. The effects listed below are known to be associated with 'smoke' type substances sold in head shops.

Short-term effects

Effects are similar to cannabis but not the same.

Effects can vary from person to person and from each time you use it

Long-term effects

If you have underlying mental health problems, any drug can trigger them

Because we don't know what's in these drugs, you are not fully informed about the risks of taking the drug or when used with other drugs

Drugs and Pregnancy

Whether planned or unplanned, you should try to lead as healthy a lifestyle as you can during and after your pregnancy. Even drugs that don't seem to do you any harm may be damaging to your baby. Research shows that the drugs you use in pregnancy can influence your child later in life.

It is important to talk to your GP or maternity hospital staff if you feel you need support to quit smoking and drinking during pregnancy, especially if other drugs such as cannabis, cocaine, heroin or methadone are involved.

How drugs can affect your baby

If you drink or do drugs, so does your baby. Any drugs you use enter your bloodstream and pass to your baby through the placenta.

The effects of drugs on your baby depend on the baby's stage of development and how much of the drug you use. While the effects of different drugs may vary, your baby is extremely vulnerable to toxins found in all drugs.



Hepatitis C is an infection of the liver caused by the hepatitis C virus.

It can cause inflammation (swelling) and fibrosis (scarring) of the liver tissue, and sometimes significant liver damage.

Many people do not realise they have been infected with the virus because they may not have any symptoms, or they may have flu-like symptoms that can easily be mistaken for another illness.

You can become infected with hepatitis C if you come into contact with the blood of an infected person. Drug users sharing needles are at particular risk. There is currently no vaccine to prevent hepatitis C. This is because the hepatitis C virus mutates (changes into a different strain) very easily, which makes it hard to create a vaccine, and the virus has different genotypes (genetic variants).

How do you become infected?

Hepatitis C is transmitted by contact with blood of an infected person

The most common way you can become infected is by sharing contaminated needles to inject drugs.

HIV Human Immunodeficiency Virus

HIV is a virus that attacks the body's immune system. The body is less able to fight off sickness and infections. The immune system is made up of different cells that protect and defend our bodies from germs and infections. HIV attacks the CD4 cells in the immune system, (also known as T-cells), these are vital for mounting our bodies immune response. Having HIV means infections.

AIDS Acquired Immune Deficiency Syndrome

AIDS is the fourth stage of the HIV infection. A person is said to have AIDS when their immune system has become so weak it can no longer fight off diseases with which it could normally cope. These diseases are known as opportunistic infections and include PCP, Kaposi Sarcoma and TB.

People can live with HIV for years without any signs and symptoms. Not every person with HIV will go on to develop AIDS.

HIV and AIDS Myths

You cannot get HIV from

Hugging, kissing or holding hands

A toilet seat

Sharing cutlery, plates, cups etc

Sharing a bath/swimming pool

Getting Help

There are many services that you can contact for help.

Listed below are some of the available services, for a more thorough list you can check out www.drugs.ie or contact your Local Drugs Task Force.



The **HSE Drugs Helpline** can be reached on
Free phone 1800 459 459

Monday to Friday and is open from 10am to 5pm.

This services offers support, information, guidance and referral to anyone with a question or concern related to drug and alcohol use.

All calls are confidential.

HSE Addiction Counselling Services - City Clinic <i>Drug treatment centre Addiction counselling</i> 108/109 Amiens Street, Dublin 1 Phone: 01 855 5310	ACRG (Aftercare Recovery Group) Practical support to recovering addicts in Aftercare Recovery Group Therapeutic, non-medical service Offers day programme for those in recovery 48 Seville Place, Dublin 1 Phone: 01 855 7611
SAOL Project Non residential rehabilitation for women 58 Amien Street, Dublin 1 Phone: 01 855 3391 Website: www.saolproject.ie	Ana Liffey Drug Project Drop In Key working and Case Management Medical Services Peer Support Pre-entry Programme Family Support Assertive Outreach Adult literacy & Computer literacy 48 Middle Abbey Street, Dublin 1 Phone: 01 8786899 Website: www.aldp.ie
Crinan Youth Project For young people aged 14-21yr olds with problematic drug use Medical, therapeutic, social and educational support within their own community Family support and home visits 72 Lower Sean McDermott Street, Dublin 1 Phone: 01 855 8792 Website: www.crinanyp.org	Merchants Quay Ireland Outpatient counselling Aftercare Group Therapy Educational Services Needle exchange Methadone support service 12 week residential programme 1 year residential programme 4 Merchants Quay, Dublin 8, Phone: 01 524 0160 Website: www.mqi.ie
North Inner City Local Drugs Task Force Co-ordinate the overall development of drug services in their area 22 Lower Buckingham Street, Dublin 1 Phone: 01 836 6592 Website: www.nicdtf.ie	Crosscare Drug & Alcohol Programme Training and drug education Support Counselling Advocacy Confidential interactive website Text service The Red House, Clonliffe College, Drumcondra, Dublin 3 Phone: 01 8360911 Website: www.drugs.ie
UISCE (Union for Improved Services Communication and Education) A drug users forum based in the North Inner City Work to ensure that those in need of services have their voice heard by policy-makers and practitioners Address: The Eriu Centre, 53 Parnell Square, Dublin 1, Dublin Inner City Phone: 01 8733799 Fax: 01 8733174 Email: uiscepost@hotmail.com	H.O.P.E. (Hands on Peer Education) Community Detox Support to be come drug/alcohol Free Support for families Drug and alcohol related education and training Unit 5, Killarney Court, Buckingham Street Upper, Dublin 1 Phone: 01 887 8404. E-mail: hopehandson@gmail.com
	Talbot Centre Drug support service for young people and education /training. Support Advocacy Brief Interventions Counselling Family work Health Education Community Liaison Family Therapy. Address: 29 Lower Buckingham Street, Dublin 1 Phone: 01 8363434 / 01 8366746 Email: projectleaders.talbotcentre@hse.ie

Useful Numbers

ALCOHOLICS ANOYMOUS	01 8420700 OR Lo-call	1890412412
DRUGS / HIV HELPLINE		1800 459 459
DUBLIN RAPE CRISIS CENTRE		1800778 888
HOMELESS PERSON'S SERVICES		1800 724724
NARCOTICS ANONYMOUS		01 672800
SAMARTIANS		1850 927 927
WOMEN'S AID		1800 341 900
NORTH STRAND HEALTH CENTRE		01 8556466
SUMMERHILL HEALTH CENTRE		01 8554244
CITZENS INFORMATION SERVICE BUCKINGHAM ST.		01 8197827
OUT OF HOURS DOC (MONDAY—FRIDAY 6PM– 8AM, WEEKEND AND BANK HOLIDAYS 24 HRS)		1850 224 47
CITY CLINIC DRUG SERVICES		01 8555310
DEORA COUNSELLING SERVICE		01 8550730



ICON Community Participation Project
22 Lower Buckingham Street
Dublin 1
Ph: (01) 8366890
Email: iconet@iol.ie
Website: www.iconnetwork.ie
Find us on Facebook