

# Guide to common drugs



[www.cambsdaat.org](http://www.cambsdaat.org)

**This guide will help you to identify common drugs that you might come into contact with.**

It will show you what they look like

It will tell you how they are usually taken

It will tell you how they might make you feel

It will tell you about the dangers

**Most of the substances in this guide are illegal. Where something is not illegal, it will tell you.**

**Just because something is legal,  
doesn't mean it is safe**

### **Getting help**

If you are worried about your own drug use or about someone else's you can contact:

**Inclusion Cambridgeshire 0300 555 0101**

<http://www.inclusion-cambridgeshire.org.uk/>

**CASUS (for Children and Young People)**

<http://www.cpft.nhs.uk/services/CASUS-cambridgeshire-child-and-adolescent-substance-use-service.htm>

## Safety Tips

Sometimes people might choose to take drugs

- If you or someone you are with takes drugs look out for any of the dangers that are in this guide.
- If you have taken drugs and feel unwell, call 999 and ask for an ambulance or ask someone to call for you
- If someone you are with has taken drugs and is unwell or starts acting strangely, call 999 for an ambulance
- If you need to call an ambulance try to tell them what drugs have been taken – this will help them know what to do
- If you are taking any medicines from your doctor, taking other drugs might make you very ill
- Mixing different drugs or mixing drugs with alcohol can have deadly consequences
- If you choose to take drugs, start with a small amount and see how it makes you feel.

## Places to find information

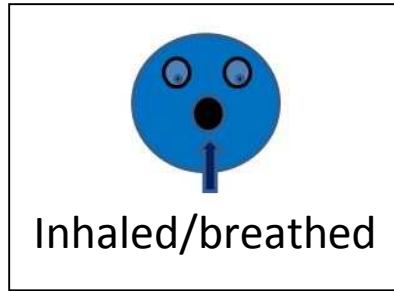
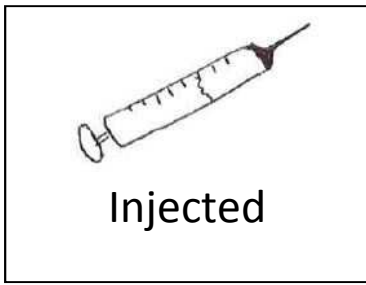
Talk to Frank [www.talktofrank.com](http://www.talktofrank.com)

Addaction [www.addaction.org.uk](http://www.addaction.org.uk)

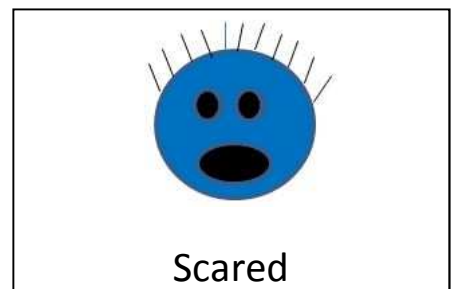
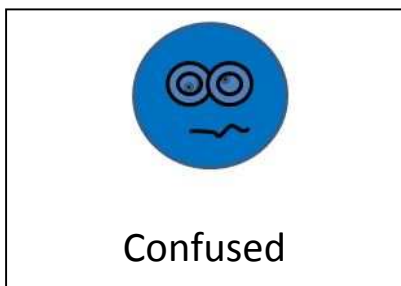
ADFAM [www.adfam.org.uk](http://www.adfam.org.uk)

# Guide to symbols

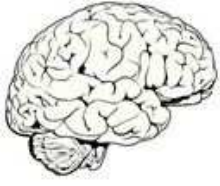
## How it is taken



## How it might make you feel



## Dangers or health effects



Brain damage



Forgetful or memory problems



Heart problems



Need to go to hospital



Can harm the baby if you are pregnant



Death



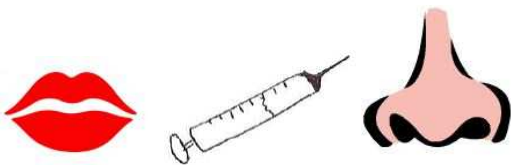
Upset stomach or urine problems

# Amphetamine



**Other names:** Speed, whizz, Billy, uppers

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

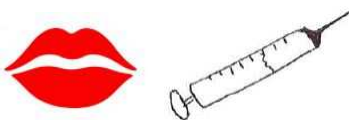
Can cause problems with circulation

# Anabolic Steroids



**Other names:** Not the same as steroids for asthma and arthritis

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

# Cannabis



**Other names:** Weed, grass, dope, hash, puff, pot, spliff, ganja, blow, draw

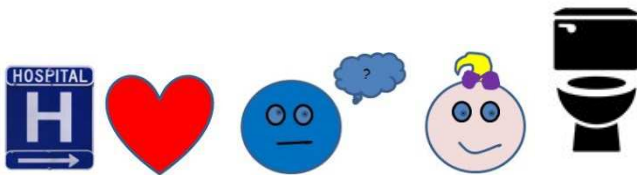
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Can cause depression  
May cause mental health problems

# Cannabinoids (synthetic)



**Other names:** Spice, herbal smoking mixture, Blue Cheese, many brand names

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

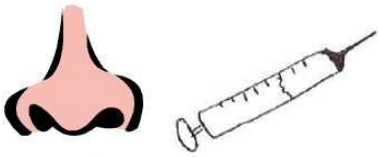
Became illegal in 2016  
Side effects can be very serious, including death

# Cocaine



**Other names:** Coke, snow, Charlie

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Can cause nose damage

# Crack



**Other names:** Rocks, wash, stones pebbles

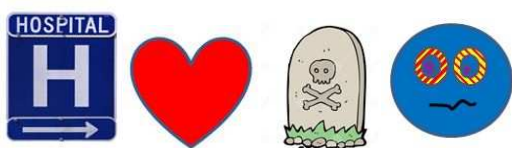
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information



# Ecstasy

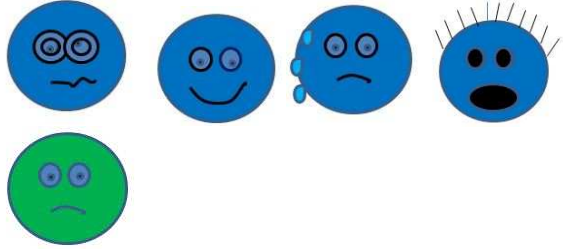


**Other names:** E, MDMA, pills, Superman

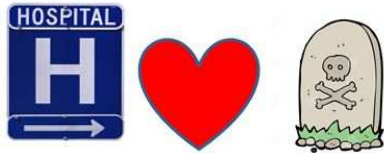
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

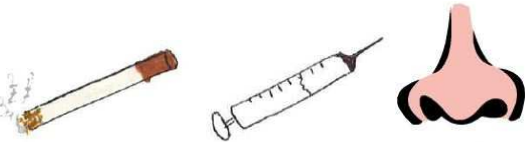
Very dangerous if mixed with alcohol  
 Dangerous if mixed with medicines from the doctor  
 Can make you very thirsty

# Heroin

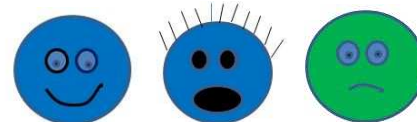


**Other names:** Scag, brown, horse, smack, H

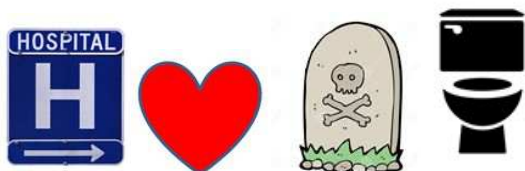
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

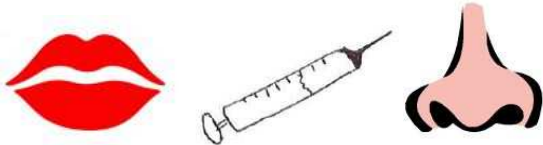
Very dangerous to share needles  
 Can make skin itchy  
 White heroin more dangerous

# Ketamine

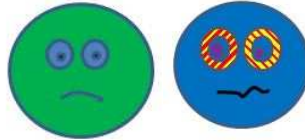


**Other names:** K, Special K, Vitamin K,

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Can cause serious bladder problems

# Khat

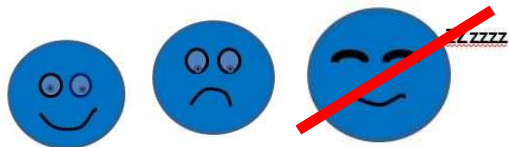


**Other names:** Quat, Chat

## How it's taken



## How it can make you feel



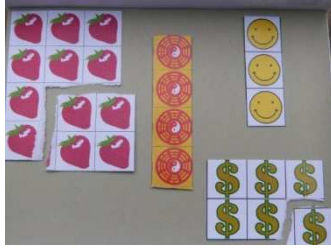
## Dangers or health effects



## Other important information

Can make you act violently  
Can cause problems with sex

# LSD



**Other names:** Acid, trips, tabs, rainbows, smilies

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Can cause flashbacks  
Can cause depression

# Magic Mushrooms



**Other names:** Shrooms, mushies

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Some mushrooms are very poisonous  
They can make you very sick or even cause death

# Mephedrone

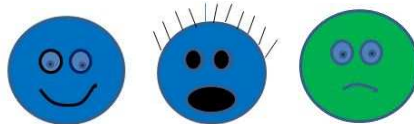


**Other names:** Meow Meow, MCat

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Can cause fits

# Nitrous Oxide



**Other names:** Laughing gas

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

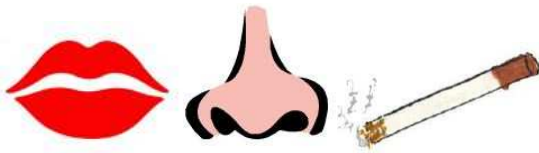
Can cause nerve damage  
Not illegal to possess but illegal to sell to under-18 if it is suspected to be abused

# New Psychoactive Substances (NPS)

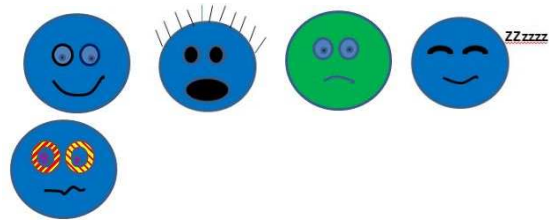


**Other names:** Spice, plant food, lots of brand names

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Made illegal in 2016

# Poppers

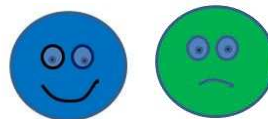


**Other names:** Amyl Nitrite, rush, liquid gold, TNT

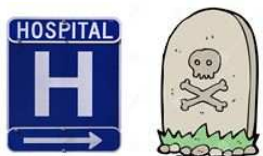
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

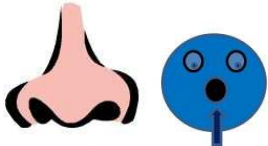
Can cause fits and flashbacks

# Solvents

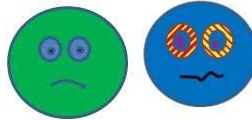


**Other names:** Glue, aerosol, gases

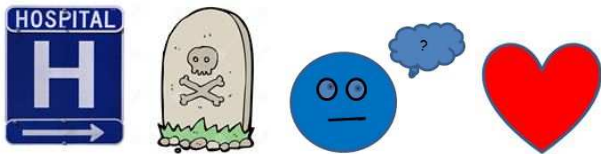
## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Not illegal but age limit for sale.  
Very dangerous to inhale.

# Tranquilisers



**Other names:** Benzo, downers, Rohypnol, GHB, roofies

## How it's taken



## How it can make you feel



## Dangers or health effects



## Other important information

Very dangerous to drive after taking tranquilisers