

# Heroin

Some nicknames are:  
brown, smack, H, junk, horse,  
skag and sh\*t.



## What it's like

Heroin comes from the opium poppy which is grown in hot countries. Getting heroin from opium is quite a complicated chemical process. You also get morphine from opium.

Street heroin comes as a brown powder. Pharmaceutical heroin (made from chemicals) is called diamorphine



and comes as a white powder.

Heroin can be injected, snorted and smoked, most often on tin foil.

**Heroin is a class A drug.**

# Big Guide

to...

**Amphetamine, Cocaine/Crack and Heroin**

## Effects

### If you use heroin it can make you:

- Feel as though you have been wrapped in cotton wool and that your problems aren't there or important when you are under the influence of the drug
- Feel sick and throw up
- Constipated (can't poo)
- Itchy
- Fall asleep and pass out
- Not care about anything but heroin
- Become a criminal because you have to get money to buy heroin
- Lonely as no one wants to be around you because of the person heroin has made you
- Need to take it all the time

Heroin slows down the body. It slows down the heart and the breathing.

It makes it difficult to cough up the gunk of the chest. This can cause illness and, if the heart stops, death.

Heroin is a physically addictive drug. If a user doesn't take the drug the following things happen: they get the shakes, their bones and muscles ache and are painful, they can't sleep, they can't get warm, they sweat and their noses run. This is called withdrawal.

Users can find it very difficult to stop and most say they wish they had never started. Put this together with the withdrawal when they do stop and you have got a drug that should be avoided at all costs.

## IMPORTANT!

Users often lose a lot of weight because they keep being sick. Users tend not to take great care of themselves in general. They get ill more easily and they often look dirty and unwell.

Users say they get the effects of heroin till their body gets used to it and then they don't get the same "buzz". This is when a person is hooked, as their body has started to build up a tolerance. They now need to take the drug just to do everyday things or they will get withdrawal known as 'cold turkey' or 'clucking'.

To get the buzz back they need to take more of the drug and this is why it can cost so much money. Some people use heroin for a little while and then stop. They don't get any withdrawal (or maybe just a bit) and they feel fine. They are fooling themselves if they think they will never get hooked. Many addicts start this way and all say they wish they had never started. Once you are on it, it can be difficult to stay clean as it becomes a big part of you life. Medication can help but isn't always enough.

**Heroin is addictive no matter how it is used.**

## Where to get help?

If you or a friend needs help or for more information:

Log on: [www.ourguideto.co.uk](http://www.ourguideto.co.uk)

Text: 07781 472 746

Tel: 0121 569 2201

Email: [dqa1000@hotmail.com](mailto:dqa1000@hotmail.com)



Drug Education, Counselling and Confidential Advice

**The DECCA Team**

DECCA (Drug Education, Counselling and Confidential Advice) are Sandwell's Young People's (18 & under) drug service.

# Methylamphetamine

Some nicknames are: ice, crank, tweet and crystal meth.

# Amphetamine

Some nicknames are: speed, whizz and billy.

## Effects

If you use amphetamine or methylamphetamine it can make you:

- Feel as though you are powerful
- Feel a false sense of confidence
- Feel as though you have loads of energy
- Become incredibly paranoid and very scared
- Feel as though you don't need to eat
- Feel as though you can do anything
- Talk a lot quicker
- Feel as though you are in control
- Chew the inside of your mouth

It can also:

Cause your blood pressure to go up and put strain on your heart, which can lead to a heart attack.

## What it's like

**Amphetamine** is actually amphetamine sulphate. It is made by mixing chemicals then drying them out to make a white gritty powder. It also comes as a pink powder, which is nicknamed Pink Champagne.

It can be snorted, injected or swallowed.

Some users wrap it in cigarette paper to swallow it, as it tastes



nasty. This is known as a speed bomb.

Amphetamine is a psychologically addictive drug.

**It is a class B drug. It is a class A drug if you prepare it for injection.**

## IMPORTANT!

**Amphetamine** is not as powerful as cocaine but the after effects are very much the same. The user feels exhausted, really sad, irritable, twitchy and depressed.

Amphetamine causes the body to lose calcium. This is the stuff that keeps bones and teeth healthy. If you use a lot or regularly then you can have dental problems in later life.

Amphetamine gives very similar effects to cocaine and crack just not as powerful. The effects last longer but are not as intense.

After the drug has worn off you can still feel paranoid and very scared.

## What it's like



**Methylamphetamine** is made from chemicals. It comes as a white/off white powder.

It can also come in tablets and capsules. The powder can also go through a process that turns it into larger crystals. These are purer than the powder.



It can be snorted, injected or swallowed. It can also be smoked. This is usually done when it is in larger crystals.

Methylamphetamine is a psychologically addictive drug.

**It is a class A drug.**

## IMPORTANT!

**Methylamphetamine** is more powerful than amphetamine which means the after effects will be worse. The user feels exhausted, really sad, irritable, twitchy and depressed after using amphetamine so they will feel all this but 10 times worse after using meth.

When a person has used, it makes them want to use again really badly. It messes up the way they think and even though the drug doesn't cause a physical dependence it does affect the brain.

Regular users start to become really paranoid and a total nightmare to be around. They don't trust anyone, even close friends, and they are always nervous and difficult to be around.



# Cocaine/Crack

Some nicknames are:  
coke, charlie, white,  
snow, blow and toot.

Some nicknames are:  
crack, ice, rocks and  
white.

Crack itself is a nickname and is  
named because of the cracking  
noise it makes when it's heated.



## Effects

If you use cocaine/crack  
it can make you:

- Feel as though you are powerful
- Feel a false sense of confidence
- Become incredibly paranoid and very scared
- Make you want to use it again as soon as the effects have worn off
- Feel as though you have loads of energy
- Feel as though you don't need to eat
- Laugh at nothing (giggly)
- Feel as though you can do anything
- Feel as though you are in control
- Talk a lot quicker

It can also:

Cause your blood pressure to go up and put strain on your heart which can lead to a heart attack.

It can also effect the way your eyes work and can lead to blindness.

## What it's like



**Cocaine** is actually cocaine hydrochloride. It comes from the leaves of the coca plant. The leaves go through a complicated chemical process to get the gritty white powder that people then use.

The leaves can be chewed but the effects are weaker than the powder. It can be snorted or injected. It cannot be smoked, it has to be made in to crack to be smoked.

Cocaine is a psychologically addictive drug.

**It is a class A drug.**

## What it's like



**Crack** is actually cocaine hydrochloride that has had the hydrochloride part removed, which just leaves behind the cocaine.

This means crack is much stronger than cocaine powder. It comes as a creamy white lump or rock. It is usually smoked in a pipe or in some type of can. It can be crushed and snorted or injected.

Crack is a psychologically addictive drug.

**It is a class A drug.**

## IMPORTANT!

Cocaine/Crack takes the user really high which means the after effects are going to be nasty. The user feels exhausted, really sad, irritable, twitchy and depressed.

**Using cocaine can seriously damage your nose.** The powder is not that fine and rubs at the inside of the nose as the drug goes in. It messes up the small vessels on the inside of the nose and over time, kills them. The powder rubs at the flesh and if you use a lot it can mean the middle part of your nose (the septum) can waste away and come out. This has happened to some famous people.

**Crack is the type of drug that should be avoided because of the hassle that it gets its users in to.**