

# GHB

Some nicknames are:  
**GBH and liquid E.**



## Effects

**If you use GHB, at low doses, it can make you:**

- Feel happy
- Feel more friendly
- Feel sick and throw up
- Feel more trusting
- Feel paranoid and scared

**At high doses it can make you:**

- Feel very dizzy
- Unable to talk properly
- Unable to control what your body is doing
- Fall asleep
- Pass out
- Choke on your own vomit (sick)

The difference between a low and high dose can be very small. It is virtually impossible to tell the strength and the dose just by looking at it. It is a risk each time a person uses.

Some people have called GHB liquid E because it makes people feel happy and friendly. It is not liquid E but comes with many of the same risks as ecstasy.

## What it's like



GHB is short for Gamma-Hydroxy-Butyrate.

It comes as a coarse (rough) white powder or a ready made drinkable liquid. It can be snorted, swallowed and injected.

GHB is a psychologically addictive drug.

**It is a class C drug.**

## IMPORTANT!

The difference in effects from low to high doses are pretty drastic and can be dangerous. If a user has fallen asleep or passed out they could be attacked or have something done to them that they wouldn't like - they are powerless to stop it.

GHB is one of the drugs that has been linked with drug assisted rape. GHB has been used by some body builders as it causes the type of sleep that is ideal for muscle growth.

# Ketamine

Some nicknames are: special K, K and vitamin K.



## Effects

**If you use ketamine, at low doses, it can make you:**

- Feel light headed, a little bit like when a person has started to get drunk
- Feel no pain, which can lead to injuries
- Feel more friendly
- Feel sick and throw up
- Lose your balance and make you unsteady on your feet
- Feel paranoid and scared

**At high doses it can make you:**

- Feel very paranoid and scared
- Become depressed
- See and hear things that aren't there (hallucinations)
- Pass out
- Choke on their own vomit (sick)

The difference between a low and high dose can be very small. It is virtually impossible to tell the strength and the dose just

by looking at it. It is a risk each time a person uses.

The experience is described as being in a K hole. The user often knows what is going on around them, they just don't/can't move very well no matter how hard they try.

## What it's like



Ketamine is a disassociative anaesthetic that has been used by doctors and vets to treat animals. It comes as a coarse (rough) white powder, tablet or an injectable clear liquid. It can be snorted, swallowed and injected. Ketamine is a psychologically addictive drug.

**It is a class B drug.**

# Big Guide

to...

**Ecstasy, GHB, Hallucinogens & Ketamine**

## IMPORTANT!

A disassociative anaesthetic makes the user feel as though their body and mind are in separate places. Users say it is like having an out of body experience.

Users can find it difficult to move. If someone attacks them or does something to them that they don't like they are powerless to stop it.

Ketamine is sometimes sold to people and they think they have bought an E. At high doses ketamine can cause a person to pass out. This can make them a very easy target. You never know what you have bought until you have taken it.

## 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.

# Ecstasy

Some nicknames are: E, XTC and disco biscuits.

The name of a tablet usually refers to the picture on it.

So a mitsubishi would have a mitsubishi symbol on it, etc.



## Effects

**If you use ecstasy it can make you:**

- Feel light headed
- Feel a false sense of confidence
- Feel more friendly toward everyone
- Do things you wouldn't normally do
- Become too trusting of others
- Feel sick and throw up
- Become very hot and get heatstroke
- Feel as though you have loads of energy
- Lose your balance and make you unsteady on your feet
- Pass out
- Become depressed
- See and hear things that aren't there (hallucinations)

This only happens if you are having a bad experience on Ecstasy. People have died using ecstasy, some from using the drug and some from heatstroke.

The advice is to drink a pint of non-alcoholic fluid (sports drinks are ideal) every hour to help avoid heatstroke. This should be sipped and not drunk too quickly. Drinking too quickly can be dangerous as you end up lowering the salts and sugars in your blood (electrolytes) too far. You should also take regular breaks from dancing if you are clubbing and if possible have salty snacks to replace the salts you lose.

## What it's like

Ecstasy is actually a drug called MDMA (methylenedioxy methamphetamine).

It usually comes as a white tablet but as you can see in the pictures it can come in all different colours and shapes. It can also come as a powder.

It is usually swallowed but it can also be snorted and injected.

Lots of tablets are sold as ecstasy but are not. They could be anything and may contain no MDMA at all. This can be a big risk. Ecstasy is a psychologically addictive drug.

**It is a class A drug.**



## IMPORTANT!

If you have used ecstasy it makes you feel really friendly and trusting. This is known as being 'loved up'. This can be great but it comes with risks. Some of them are:

- You could have unprotected sex leading to an STI (sexually transmitted infection), become pregnant or have sex with someone that you regret.
- Rape and sexual assault is a big risk, whether you are male or female, especially if you have gone off with someone you trusted because of feeling loved up.
- You could give someone money or your stuff because, at the time, you really liked them.

It is never a good idea to take more than one pill at a time. The more you take the bigger the risk and the more chance you stand of having a bad time. If you are in trouble you can call an ambulance and you will not get in trouble with the Police.



# Hallucinogens

## LSD - Also known as: acid, tabs and microdots.

The name of a tab usually refers to the picture on it. So a smiley would have a smiley face on it, etc.

## Magic Mushrooms

Some nicknames are: mushies and shrooms.

### Effects

If you use LSD / Magic Mushrooms it can make you:

- It can make you hallucinate (see and hear things that are not really there)
- It can distort sounds, images and colours
- Time can seem different, it can speed up or/and slow down
- People can feel tired
- People can be sick
- It can make someone confused
- People can become scared and worried
- It can make someone very unpredictable
- It increases the risk of having an accident
- It can make mental health problems worse
- It can feel as if you're in a dream like state
- You never know what kind of effect someone is going to have, it could be a good trip or a bad trip

### What it's like - Mushrooms



Magic Mushrooms grow wild in the UK, they contain a drug called psilocybin. This drug makes you see and hear things that aren't really there (hallucinate).

They are swallowed as they come, cooked or made in to a type of tea. Psilocybin is a psychologically addictive drug.

Using mushrooms is risky if you don't know what you are doing. There have been cases of poisoning from people picking the wrong type of mushroom.

**They are a now a class A drug.**

### What it's like - LSD



LSD (Lysergic Acid Diethylamide) is a hallucinogenic drug which means you are likely to experience a distorted view of objects and reality.

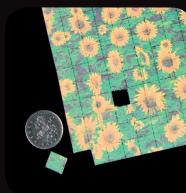
LSD, often called 'acid', may take two hours to take effect and then last for 12 hours. An LSD experience is known as a 'trip'.

Once it has started you can't stop it, and until you take a tab of acid you can't tell how strong it is or how it's going to affect you.

A 'trip' may be greatly affected by who you are, how you are feeling and how comfortable you are with the people you are with.

LSD comes in two main forms. It comes as small squares of paper known as 'tabs' and as small tablets known as 'microdots'.

**It is a class A drug.**



### IMPORTANT!

Hallucinations are basically seeing (visual) and hearing (auditory) things that aren't actually there. It could also be 'real' things that are there being messed with (distorted) so they seem different. All hallucinogens can have random effects. Colours, sounds and objects can get distorted. All of this may be experienced as fun but can also be scary and confusing. A trip may be good or bad - a bad trip may be terrifying. Trips feed off a person's imagination, so taking hallucinogens if you are in a bad mood is a real no go! But, the experience itself can alter your mood, so it is always a gamble on what will happen...

There is no evidence that hallucinogens do any long-term damage to the body or long-term psychological damage. However, they may be responsible for triggering a mental health problem that had previously gone undetected. Flashbacks can also occur after the trip has ended.