

# New Psychoactive Substances - Legal Highs

LEGAL?

SAFE?

IT'S A GAMBLE...

## What else can they can be called?

Some nicknames for NPS are:  
Bath salts, plant food, plant fertilizer, research chemicals.

## What are they?

Often man-made chemicals that are designed to mimic the effects of common illegal drugs. They are often made in labs, factories or even in someone's garage.

## 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.

## What are some popular NPS?

Black Mamba, Spice, Go Gain etc.



## What do they look like?

Pills, powders, capsules, liquids, gases and smoking mixtures. As well as an array of colours, shapes, textures and smells.



**Can I be sure what they contain, the packets look professional ?**

**1 in 5 packets DON'T contain the listed ingredients!!**

*(2012 British Medical Journal)*

**Few legal highs have been tested, but many have not been tested at all. Really if you take them then you're the one being experimented on!**

## The law of NPS

Over the past few years certain NPS have been made illegal under the current drugs law (Class A, B or C). Some examples include mephedrone which became a class B in 2010, AMT which became a class A in 2015 and Black mamba which became a class B in 2013.

However a new bill came into place in May 2016 which covers all NPS that were not already made illegal. This bill means that a person can no longer make, supply or buy any substance for human consumption which is capable of producing psychoactive effects. The maximum sentence is seven years in prison.

## Psychoactive substances

- substances that can change a person's mood, thoughts, feelings or perceptions.

**Legal High's**  
**What's on your mind?**

## Where have they come from ?

Scientists create new chemical compounds as part of their research many of which turn out to be too risky or unpleasant to use. The person who first made many of the synthetic cannabinoids used today has said:

**"People who use it are IDIOTS, you don't know what it's going to do to you!"**

*Dr John W Huffman*

## UK STATS

**2012 - 99 deaths**

**2013 - 173 deaths**

*(Angelus foundation)*

**Legal does not always mean safe, it can bring more unknown danger as the short and long term risk are not known yet.**

# Big Guide

to...

**New Psychoactive Substances**

- Legal Highs



*Dr John W Huffman*

# 'Legal highs are NOT always safe!'

**"Mephedrone could be dangerous, we just don't know. These chemicals have NEVER been tested on animals let alone humans!"**

## MEPHEDRONE

**Nicknames:** MCAT, Meow Meow, Bubbles, White Magic

Mephedrone is a powerful and very addictive stimulant. It was made a class B substance in 2010, however is still often called a legal high.

It is similar to drugs like Amphetamine and Ecstasy. Some common problems include: damaged nose, heart and circulation problems and having fits and seizures.

It usually comes as a whitish powder just like many other stimulant drugs, so it may not always be what you think it is. Even if you think it is a particular drug, you may have no idea how strong the dose is or whether it contains other drugs or substances to bulk it out.

As NPS were designed to mimic the effects of common illegal drugs people would often use them in the same way. This comes with risks as the purity/strength can differ a lot. Simply a person might easily use too much and have a bad reaction.

Mixing NPS with alcohol or any other drug can be very dangerous. This can lead to DEATH.

If you are ever worried about what someone has taken, or they have a reaction, make sure you get help and give them as much information as you can, if you have the packet take it with you.



## SYNTHETIC CANNABINOIDS

**Names:** Black Mamba, Spice, Pandora's Box, the list goes on...

These drugs are made to have similar effects to cannabis, this includes both positive and negatives. They often look like herbs but it is the chemical mixtures that are sprayed onto them that effect you and not the 'bits of plant' you can see in the packet.

*Quote from NYU school of medicine: "The effects are more unpredictable, dangerous and there is no quality control on what you are getting."*

These drugs may be stronger than cannabis and create unwanted effects, such as paranoia, panic attacks, racing heartbeat and vomiting.

*Royal Society of Chemistry 2010 stated - When testing spice the active ingredient could be up to 15 times stronger in different packets.*

The other NPS will fall into the following groups:

## Depressant

**Names:** GBL, GHB, W15

**Effects:** Mimics the effects of drugs like diazepam, tranquillisers or alcohol. May cause slower reactions, nausea and memory loss.

**Risks:** Passing out, being sick, unconsciousness, and reduced inhibitions.



## Stimulants

**Names:** Go Gaine, Charly Sheen, Ching

**Effects:** Mimic the effects of drugs like cocaine, ecstasy and amphetamines. May cause faster heartbeat, high body temperature and false over confidence.

**Risks:** Body over-heating, heart attack, breathing problems, come down with a strong urge to re-dose.



## Hallucinogens

**Name:** Delysid, ALD-52, MEAI, Salvia

**Effects:** Mimics the effects of drugs like LSD and Magic Mushrooms.

**Risks:** Accidents, injuring self or other, possible effects on mental health and being stuck in a bad trip.



**"Ever get the feeling you've been cheated? They spend more money on the packets than what's inside."**



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