

Help and information

Text or WhatsApp **Re-Solv** with any questions on **07496 959930** or phone in confidence on **01785 810762** from 9am-5pm, Mon-Fri. There's more online at re-solv.org/healthy.

At talktofrank.com you can search for information on every drug and there's a confidential phone helpline on **0300 123 6600**, text **82111** and live chat service.

There's practical advice too on legal highs and other drugs at drugscience.org.uk and wearetheloop.co.uk.

The Global Drug Survey has some interesting findings about nitrous. Google '**global drug survey 2015 findings**' for practical nitrous safety tips.

Young Addaction have good advice for staying drug-safe at festivals: youngaddaction.org.uk/know-the-score/advice-links

Re-Solv

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Helpline: 01785 810762

Please let us know if you would like this information in another format.

'Legal Highs' - the Lowdown

BATH SALTS, BLACK MAMBA, GAS, MONKEY DUST, NPS, PLANT FOOD, RESEARCH CHEMICALS, SPICE...

Because recreational drugs in the UK tend to be illegal, New Psychoactive Substances - known as 'NPS' or 'legal highs' - were created to try to bypass the law. They are manufactured synthetically to mimic the effects of existing illegal drugs and can be found as pills, powders, liquids and smokeable substances.

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BIG LOTTERY FUND

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Are they legal to use?

This is tricky. Some are legal to possess for personal use but all are illegal to import, produce, sell or supply. Some of the best known NPS including benzo fury, m-cat, MPA, MXE and synthetic cannabinoids like black mamba, are now banned Class B drugs.

BZP, GBL, GHB and khat are banned Class Cs. Other NPS, despite being sold as 'legal highs' often contain illegal substances.

Are they dangerous?

They can be, yes. There are over 60 deaths a year associated with NPS and ambulance services have reported a dramatic rise in 999 calls for heart attacks, cardiac arrests, strokes, seizures and unconsciousness following legal high use. Because they are new, no one really knows their short or long-term effects or the risks involved in taking them.

Legal highs may also pose a more serious risk if you have a pre-existing physical or mental health condition.

Harm reduction

There is always a risk associated with taking drugs of any kind. Even medicinal drugs prescribed by your doctor have side-effects. The difference is that those drugs have been rigorously tested - no one knows what's contained in NPS. There is no 'safe' way to take them but, if you do, please:

- **Be informed**

Be as informed as possible about the drug before you take it, particularly if you have a pre-existing physical or mental health condition.

- **Be careful where you get it from**

- **Don't take drugs on your own**

Stay with a group of friends and agree that one of you will stay sober in order to keep an eye out for the others.

- **Keep to one drug**

Don't mix different drugs or drink alcohol. The results can be anything from unpredictable to actively dangerous.

- **Start with a small dose**

Different batches of NPS, even if they have the same brand name, can contain different substances. Start with a small dose and wait - for as long as it takes to have an effect. NPS can be stronger but slower-acting and there is a real danger you could overdose.

- **Keep the packet**

That way, if anything does go wrong, the emergency services at least have some idea of what you might have taken.