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[>] aims
To highlight the known risks and raise the main health and safety issues around the use of 'legal highs'.

[>] audience
people who use drugs and are in treatment for mental health issues

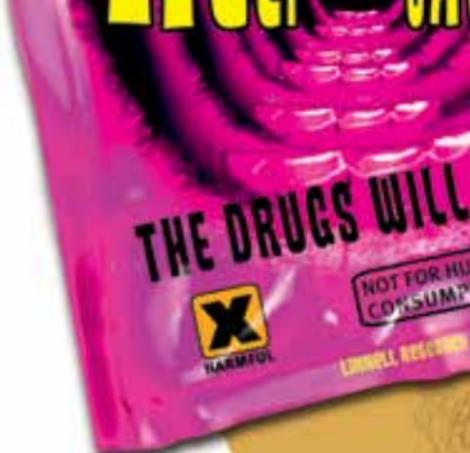
[v] content
Some milder swearing.

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To re-order go to exchangesupplies.org

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NOT FOR HUMAN CONSUMPTION

LINNELL PUBLICATIONS





THEY'RE LEGAL & THEY GET YOU HIGH!

LEGAL HIGHS

TEN TIPS FOR SAFER USE

A GUIDE FOR PEOPLE IN
MENTAL HEALTH UNITS



LEGAL HIGHS & MENTAL HEALTH

Legal highs are substances that can often cause a bad effect on your mental health instead of the desired good effect.

- Legal highs can make a low mood lower.
- Legal highs can make paranoia and anxiety much worse.
- These bad, negative or unwanted effects don't always happen straight away. The immediate or initially good effects of legal highs are often remembered by people but because the negative effects are delayed these are often forgotten.
- Legal highs mixed with other medication can be dangerous.



- Legal highs may contain ingredients or chemicals that are dangerous and could lower or increase your blood pressure. Legal highs may affect your breathing. Mixed with alcohol or medication they could lead to heart problems, stroke or even a heart attack.



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE

LEGAL HIGHS

& MENTAL HEALTH UNITS

When you are admitted to hospital the nurses and doctors have a ‘*duty of care*’ towards you and the ward as whole. This means they must ensure that the ward is safe and that the patients on the ward don’t do anything that may risk their health.

When you are suffering from mental health problems taking legal highs is risky. The effects are very similar to taking any illegal drugs, too many over the counter drugs or drinking alcohol.

On admission to a mental health ward nurses and doctors will talk with you about any substance use. They will provide expert help and advice to help you stop or stay stopped.

The hospital must not allow any drug or alcohol use. If any drug or alcohol use occurs nurses and doctors can work with the hospital security and/or the police to ensure the ward environment is safe and drug and alcohol free.

Please do your best to keep the wards safe, yourself safe and your fellow patients safe.

LEGAL HIGHS

THEY'RE LEGAL & THEY GET YOU HIGH!
In other words they are
'LEGAL DRUGS'

HOWEVER, IT IS ILLEGAL
TO SELL THEM AS 'DRUGS'
SO THEY CALL THEM . . .

RESEARCH CHEMICALS
BATH SALTS
PLANT FOOD
Herbal Incense
POTPOURRI
or whatever.



HARMFUL

NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE
To children under 18

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No1. Know the law

If the police search you and find a *legal high*, they are supposed to act like it is an illegal (*controlled*) drug, arrest you and take you to the police station. If the *legal high* is tested and found to contain no illegal drug, you will not be charged with any offence.

About 1 in 10 *legal highs* have been found to contain illegal drugs - usually drugs that were *legal highs* but have since been banned.

A *legal high* can become subject to a new law called a **Temporary Class Drug Order** (TCDO). This means that the dangers of that drug are studied for a year, during which time it is illegal to supply the drug - however, *possession* (being caught with the drug) is not an offence during this period.

Methoxetamine was the first drug to be given a TCDO in April 2012. Methoxetamine became an illegal (controlled) drug in February 2013.

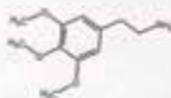
Bullshitamine-hydrochloride

What it says it is on the label
is not always what's in the packet.



XuR22

Batch: 02
Purity: 98+%
Sample: 1g



LEGAL HIGHS

TEN TIPS FOR SAFER USE

No2. Don't trust suppliers

What it says on the label is not always what's in the packet.

Some packets of *legal highs* do not say what they contain or do not contain what they say they do.

Not every packet will contain the **same drug** in the **same dose**, even if it is one you have used before.

Some suppliers are better than others. Nice packaging is no guarantee that the *legal high* is safe or contains what it says on the packet.

Most of the *legal highs* on sale in shops and from websites are legal. About 1 in 10 packets have been found to contain illegal drugs - usually former *legal highs* that have since been banned.

TOXIC



Legal highs are not safe to use and may make you very ill. Many are stronger and last longer than illegal drugs - It is sensible to assume they are just as dangerous.

Legal Highs are HARMFUL and can KILL.



NOT FOR HUMAN
CONSUMPTION



LEGAL HIGHS

TEN TIPS FOR SAFER USE

No3. Understand the risks

It says “**Not for Human Consumption**” on the packet, because *legal highs* have never been tested on humans.

It says “**Harmful**” on the packet, because *legal highs* can make you very ill and have killed people. The deaths of over 100 people in the UK have now been linked to the former *legal high Mephedrone*.

Some *legal highs* are stronger and last longer than illegal drugs - it is sensible to assume they are just as dangerous. Mixing *legal highs*, other drugs and/or alcohol increases the risks.

Legal highs are not safe for anyone to use. It says “**Not for Sale to under 18’s**” on the packet, because they are particularly dangerous for young people, pregnant women, people with mental health issues, heart problems, high blood pressure or any sort of serious illness.

LINELL NOVELTY INCENSE CO

LUNAR LAWMOWER

RESEARCH CHEMICAL PELLET



A proprietary
blend of:
Unknownium
& **WTF-ISIT**



NOT FOR HUMAN
CONSUMPTION

18
NOT FOR SALE
TO ANYONE UNDER 18

LEGAL HIGHS

TEN TIPS FOR SAFER USE

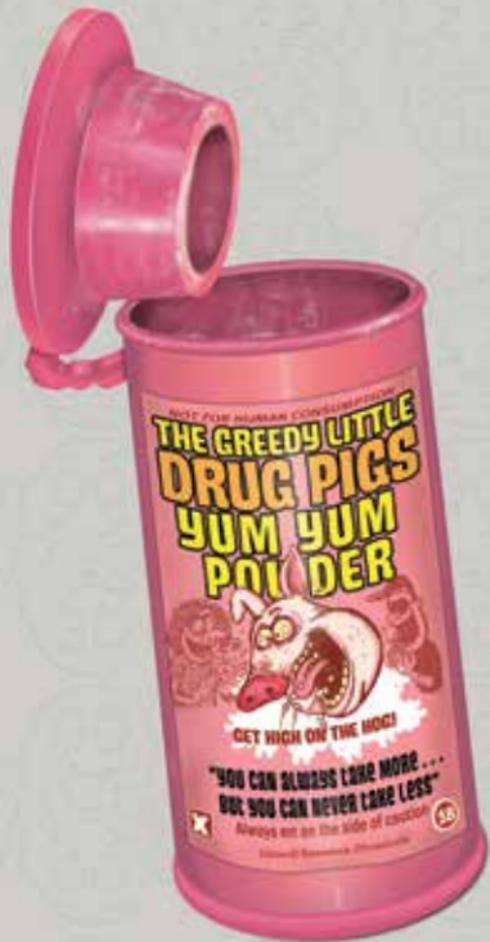
No4. Do your research

Try and find out as much as you can about a *legal high* before you use it: what are the effects; what the risks are likely to be; what dose do you take and how long does it last.

Ask friends who have used it before. Look it up on User Forums, *Wikipedia* or websites such as **www.erowid.org**.

Don't use alone - it is safer to have somebody with you. Talk with friends about what you would do in an emergency. Don't use *legal highs* anywhere hazardous - like a riverbank or the side of a motorway - find a safe place.

Eat at least an hour before you use. Go to the toilet. Have *condoms* handy - some *legal highs* can make some people very aroused. Don't plan to take a bath - people have drowned after falling asleep while high. Don't make any plans to drive a car.



NOT FOR HUMAN CONSUMPTION

THE GREEDY LITTLE DRUG PIGS YUM YUM POWDER



GET HIGH ON THE HOGE!

"YOU CAN ALWAYS HAVE MORE...
BUT YOU CAN NEVER HAVE LESS"

Always eat on the side of caution



25

© 2000 Banana & Chocolate

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No5. Don't be a 'drug pig'

The most common mistake made when taking a *legal high* is to underestimate the strength and take too much.

Start with a test dose, a tiny line or pinch of powder. Try half a pill or capsule before you take a whole one. Always err on the side of caution. As the old saying goes, "*You can always take more - but you can never take less*".

Some *legal highs* can take more than an hour before you get the full effect, while others come on in waves of intensity. If you do intend to re-dose, wait at least an hour for the effects to start before you take more.

Some *legal highs* last 12 hours or more and it can be days before you feel normal again. Plan ahead for where you will be while you are high and where you will or plan to be during your recovery.

Linnell Research Chemicals

PEANUT PETE'S



I CAN'T BELIEVE
IT'S NOT ECSTASY!

**OLD SCHOOL
DISCO
BISCUITS**

Since mephedrone was banned a number of 'ecstasy like' stimulants have appeared. Current ones include:

Methiopropamine (POKE etc);

Ephylphenidate (CHING etc);

Some brands (i.e. *PINK PANTHERS*) often contain more than one drug



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE
TO ANYONE UNDER 18

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No6. Avoid heatstroke

Stimulant type *legal highs* can cause heart problems, raise blood pressure and lead to dangerous overheating (*Heatstroke*).

Heatstroke can kill – take regular sips of water, especially if dancing. If overheating - cool down any way you can: drink water (no more than a pint); splash it on your face; remove clothes; go outside. If your urine is dark, you can't pee or stop sweating - ring for an ambulance.

Heart - if you have a sharp pain in the chest – sit down and rest. Wait 15 minutes, if the pain hasn't gone - go to A and E or ring for an ambulance.

Don't share straws or tooters: chop powder as fine as possible; rinse your nose after use. Sugar free gum is good for jaw clenching. Put up with the come-down - remember, "*there is no such thing as a free buzz*". The come-down is the price you pay for getting high.

DROP ONE AND WAIT FOR IT ...
BLOW YOUR MIND

BRAIN GRENADES



Legal highs can have a range of effects, from distortions in the way you think, feel, and experience the world around you – to full blown hallucinations.

Find out about a legal high before you take it.



**NOT FOR HUMAN
CONSUMPTION**

Linnell Research Chemicals

18

NOT FOR SALE
under 18s only

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No7. *Don't use alone*

Mind-bending *legal highs* can have a range of effects, from distortions in the way you think, feel, and experience the world around you – to full blown *hallucinations*.

Effects can last from a few minutes if smoking ***Salvia Divinorum*** (which comes in different strengths) to 10 + hours, with a come-down lasting days for ***AMT (alpha-methyltryptamine)***.

If you are going to take mind-bending *legal highs* - pick somewhere where you feel safe and can relax.

Don't use on your own - it is a good idea to have somebody stay '*straight*' to calm and reassure you if needed and to stop you doing anything dangerous.

If **panic attacks** or **paranoia** start. Try to stay calm. Slow your breathing down or breathe into a paper bag. Reassure and calm friends. Tell them that the experience is drug induced and will not last forever.

Synthetic cannabis is an ordinary plant that had been sprayed with a chemical called a CANNABINOID.

GHOST WEED



REGGAE REGGAE POTPOURRI

A pinch of synthetic cannabis the size of a match head is an active dose.



NOT FOR MINOR
USE ONLY

18

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No8. A pinch is enough

Synthetic cannabis is an ordinary plant, sprayed with a chemical (a *synthetic cannabinoid*). A pinch of synthetic cannabis the size of a match head is an active dose. Some brands are stronger than others and are very different from *real* cannabis. Some brands can be frighteningly strong, taking you to what feels like another reality.

Synthetic cannabis can cause **breathing difficulties, racing erratic heartbeat, severe rashes, vomiting and unconsciousness**. If you experience any serious symptoms - try to stay calm and call for an ambulance.

A number of synthetic cannabinoids were banned in February 2013. However, suppliers have simply swapped to other synthetic cannabinoids that are still currently legal and carried on selling them.

You won't test positive for *real* cannabis if you smoke synthetic cannabis, but tests for synthetic cannabis are likely to become more common.

RESEARCH CHEMICAL PELLETS

KEEP CALM

THE DRUGS WILL WEAR OFF



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE

LINDSEY BASSIARD CHEMICALS INC

LEGAL HIGHS

TEN TIPS FOR SAFER USE

No9. Look after your mates

It is a good idea to talk through with friends what you would do in an emergency. Look after friends in the way you would want them to look after you. Calm and reassure anybody who is panicking or getting paranoid. Take them somewhere quiet.

If unconscious and can't be woken, lay them on their side to stop them choking on their vomit (the *recovery position*). Call an ambulance. If they have stopped breathing give heart massage if you know how.

Calling an ambulance may save their life. You don't have to mention drugs, just say the person is unconscious. Try to stay calm when calling for ambulances. It is important to tell the paramedics or doctors what drug or *legal high* has been taken.

The recovery position



GOLDEN
GUINEA PIGS
RESEARCH CHEMICAL PELLETS



Long term effects are totally UNKNOWN



NOT FOR HUMAN
CONSUMPTION



LEGAL HIGHS

TEN TIPS FOR SAFER USE

No10. Ask for help

Legal highs can be stronger and last longer than illegal drugs. They are as dangerous as illegal drugs - they may be even more dangerous.

We are learning about the short term effects of some *legal highs*, but we know absolutely nothing about the long term effects - nobody does, no one has ever used them long term - ever.

What the effects of using legal highs regularly for weeks, months or even years will be is totally unknown.

We know that some people start to use more and more, max out the credit card or wait outside for the head shop to open. They develop a *legal high* habit.

If you are beginning to recognise or admit to yourself that your use of *legal highs* is becoming a problem - ask for help. There are free, confidential services in your area.