


LIKEMIND

An online mental health companion for young people



Types of drugs

This page provides information on the types of drugs, their effects and their legal category

Name	Also known as	Effects	Risks	Legal category
2C 	2-CP 2-CT 2-CI 2-CE 2-CB Tripstacy T-7 Seventh-Heaven 7-UP	The 2C drugs can make you: <ul style="list-style-type: none">energised and alertextra aware of colours, sounds and smellsvery sensitive to touch and sexually arousedhappy and in tune with your surroundings (similar to ecstasy), especially if taken in smaller dosessee the world around you as being distorted, this is	Physical health risks <ul style="list-style-type: none">Headaches, nausea and vomitingMay overstimulate heart and circulation Mental health risks <ul style="list-style-type: none">May cause panic attacksMay cause severe psychosisMay cause confused, agitated, or delirious statesRegular uses can become tired, low in mood and anxious	A



sometimes called ‘visuals’

- hallucinate, especially if taken in larger doses

[2-DPMP](#)



VanillaSky
Purple wave
Ivory wave
Desoxypipradrol
D2Pm
2-
Diphenylmethylp
yrrolidine

- Feelings of euphoria, alertness, talkativeness and feelings of empathy
- Chest pains, anxiety, insomnia, severe agitation, hallucinations and paranoia

Physical health risks

B

- Toxic to the brain, causing overstimulation of the nervous system, with agitation and hallucinations, or causing fits.
- It can cause overstimulation of the heart; and there are reports of altered blood pressure.
- Potentially dangerous rises in body temperature have been noted and there may be a risk of kidney failure.

Mental health risks

- It can cause mood swings and feelings of anxiety, aggression and paranoia.



[5-IT](#)



6-it

You might experience:

- feeling very up, alert, chatty and energised
- being in tune with your surroundings
- music and colours feel more intense
- temporary feelings of love and affection for the people you're with even you don't know them

Physical health risks

B

It can cause:

- Increased/high body temperature
- Increased heart rate and blood pressure
- Sweating and restlessness
- Dilated pupils, tingling feelings, tightening of the jaw muscles, raised body temperature, increased blood pressure and heart rate, and insomnia
- Several deaths in the UK and Europe have been linked with 5-IT



- Reports show that 5-IT can react with certain drugs and foods, causing high blood pressure which can become fatal

Mental health risks

It may cause:

- Anxiety, panic attacks, confused states, agitation or aggression, paranoid feelings and even psychosis (losing contact with reality)
- A ‘comedown’ that may last a number of days – with feelings of lethargy and depressed mood
- Feelings of agitation and disorientation, so you might feel upset and not know where you are



Alcohol

Booze
Bevvy



Some effects include:

- Reduced feelings of anxiety and inhibitions, which can help you feel more sociable.
- An exaggeration of whatever mood you're in when you start drinking.
- A small amount can reduce feelings of anxiety and reduce inhibitions, which can help you feel more sociable.

Physical health risks

- Binge or long-term drinking can cause high blood pressure, stroke, brain damage, liver disease, cancers, falls and other accidents.
- Alcohol contributes to all kinds of problems in Britain, from violent crime to domestic violence to car-related deaths to missing work and unemployment.
- Far too much alcohol on a single occasion can lead to alcohol poisoning which could put you in a coma or even kill you.

Legal



AMT

Alpha-

AMT can make you:

Physical health risks

A



Methyltryptamine
 Amt freebase
 Amt And 2-(1H-Indol-3-Yl)-1-Methyl-Ethylamine
 Indopan

- feel euphoric, upbeat and friendly to those around you
- see illusions/distorted perceptions
- feel anxious, restless or aggressive

There isn't much information about this, but:

- You might feel unwell, like you have a fever, have abnormal sweating, vomit or you may have a headache.
- Your heart may beat very quickly or irregularly which can be dangerous.
- It is easy to overdose on aMT because compared to many other powder drugs, you only need to take a small amount for it to have a substantial effect.
- You might be at risk of harm as a result of fear and hallucinations.



Anabolic steroids



Roids
 Juice
 Melanotan
 Sildenafil
 Viagra
 Smart drugs
 Nootropics

Sports players and body building enthusiasts have claimed that anabolic steroids:

- make them able to train harder and longer
- help them to recover from strenuous exercise faster
- build muscle mass, when taken alongside a strenuous exercise regime

Physical health risks

C

- If you're young, anabolic steroids can mess up how your body develops, stopping you from growing properly.
- If you're male, regular use can lead to erection problems, growing of breasts, becoming sterile, loss of hair and development of acne. It can also make your testicles shrink.
- If you're female, you can develop more masculine characteristics – with extra facial hair, loss of hair on the head, a deeper voice, shrinking breasts, and an enlarged clitoris; as well as risking acne, an increased risk of menstrual problems and changes in sex drive.
- Steroids can also give you high



blood pressure and increase your risk of illness and death due to liver failure, stroke or heart attack.

Mental health risks

You may:

- Become paranoid, violent and aggressive
- Have trouble sleeping
- Have violent mood swings



[Benzofuran compounds](#)



6-APdb
6-APb
5-APdb
5-APb
Benzo Fury
WhitePearl

You may experience:

- feeling very up, alert, chatty and energised
- being in tune with your surroundings
- music and colours feeling more intense
- temporary feelings of love and affection for the people you're with, including strangers

You may also experience physical effects such as:

- dilated pupils
- tingling feelings
- tightening of the jaw muscles
- raised body temperature
- increased blood pressure and heart rate
- insomnia

Physical health risks

B

Risks may include:

- Dilated pupils, tingling feelings, tightening of the jaw muscles, raised body temperature, increased blood pressure and heart rate, and insomnia.
- A comedown (experienced when you stop taking the drug) may last a number of days – with feelings of tiredness and low mood.
- Research suggests a potential risk of heart damage associated with long-term use of 5-APB and 6-APB.
- Several deaths in the UK and Sweden have been linked with drugs in the APB family, including 6-APB.

Mental health risks

Risks may include:

- Anxiety
- panic attacks
- confused states



Cannabis



Weed
Skunk
Sinsemilla
Sensi
Resin
Puff
Pot
Marijuana
Herb
Hashish
Hash
Grass
Ganja
Draw
Dope
Bud
Bhang
Pollen

People who take cannabis say they feel:

- relaxed
- paranoid
- chilled out
- confused
- happy
- sick
- giggly
- anxious
- hungry
- light-headed
- faint

- agitation or aggression
- paranoid feelings and even psychosis (a serious loss of reality)

Physical health risks

Smoking cannabis can:

- make you wheeze and out of breath
- make you cough uncomfortably or painfully
- make your asthma worse if you have it

Mental health risks


Using cannabis can:

- affect your motivation to do things
- impair your memory so you can't remember things or learn new information
- give you mood swings
- disturb your sleep and make you depressed
- make you anxious, panicky, or even aggressive
- make you see or hear things that aren't there (known as hallucinating or tripping)
- cause hours (or days) of anxiety, paranoia and hallucinations, which only settle down if the person stops taking it – and sometimes don't settle down at all
- cause a serious relapse for people with psychotic illnesses like schizophrenia


B



			<ul style="list-style-type: none"> increase your chances of developing illnesses like schizophrenia, especially if you have a family background of mental illness and you start smoking in your teenage years 	
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<p>Cathinones</p> 	<p>Pyrovalerone Methylone Mdpv Magic Crystals M1 Butylone Monkey Dust</p>	<p>Cathinones can cause feelings of euphoria and empathy as well as increasing alertness and talkativeness.</p>	<p>Physical health risks</p> <ul style="list-style-type: none"> They risk over-stimulating the heart and circulation and damaging the heart. They risk over-stimulating the nervous system and causing fits. Many cathinones are still new and little is known about them, so the risks from using them are unpredictable. <p>Mental health risks</p> <ul style="list-style-type: none"> They can make you anxious and paranoid. They can reduce inhibitions, which can lead to risky behaviours such as unsafe sex, and accidents. 	<p>B</p>
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<p>Cocaine</p> 	<p>Blow Coke Crack Charlie White Wash Toot Flake Stones Sniff</p>	<p>Taking cocaine can make you feel:</p> <ul style="list-style-type: none"> Happy Excited wide awake confident on top of your game <p>It can also:</p> <ul style="list-style-type: none"> make your heart beat faster 	<p>Physical health risks</p> <ul style="list-style-type: none"> Cocaine is risky for anyone with high blood pressure or a heart condition, but even healthy young people can have a fit or a heart attack after taking too much. The risk of overdose increases if you mix cocaine with other drugs or alcohol. Over time, snorting cocaine 	<p>A</p>
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Snow
Rocks
Percy
Pebbles
Freebase
Ching
Chang
C

- raise your body temperature – so you feel hot
- stop you feeling hungry
- make you feel sick
- make you need to poo
- make you anxious and panicky
- make you paranoid
- make you so confident that you do things you wouldn't normally do (which might be risky)

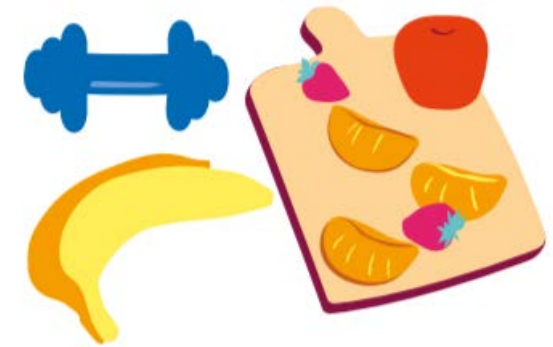
damages the cartilage in your nose that separates your nostrils. Heavy users can lose this cartilage and end up with one large nostril and a misshapen nose.



- Taking cocaine when pregnant can damage your baby, cause miscarriage, premature labour and low birth weight.
- Regularly smoking crack can cause breathing problems and pains in the chest.
- Injecting cocaine can damage veins and cause ulcers and gangrene. Sharing needles or other injecting equipment can spread HIV and hepatitis infections too. It's also easier to overdose from injecting cocaine.
- Speedballing (injecting a mixture of cocaine and heroin) can have fatal results. A form of heroin called white heroin, is easily mistaken for cocaine and people have died or been hospitalised after snorting it thinking it was cocaine.

Mental health risks

Regular use of cocaine can make people feel:

- Depressed
- run-down
- anxious
- paranoid



			<p>Social risks</p> <ul style="list-style-type: none"> Frequent users find they begin to crave more of the drug – so it can become an expensive habit to keep up with.
<p>Codeine</p> 	<p>Syrup Nurofen Plus/Max Cough Syrup Codis500 Co-codamol</p>	<p>Codeine is an opioid medication prescribed to reduce physical pain. It can cause feelings of relaxation, drowsiness, confusion, nausea, itchiness and constipation, especially if taken in large doses.</p>	<p>Physical health risks B</p> <ul style="list-style-type: none"> As with any prescribed medicine, codeine can cause side effects – and you should always read the list of common side effects included with a medication, and any warnings printed on the packaging. <p>Mental health risks</p> <ul style="list-style-type: none"> People sometimes take codeine to help them manage with stress and depression. Using any drug to escape bad feelings can increase the risk of becoming dependent on the drug. However, long-term abuse of any mood-altering chemical – like codeine – can also contribute to symptoms such as anxiety and depression, so you could be making your mental health worse by taking it.
<p>DMT</p> 	<p>DMT Dimitri Ayahuasca</p>	<p>Taking DMT can make you:</p> <ul style="list-style-type: none"> see and hear things that aren't there (hallucinate), which might be a good or bad experience feel like time and 	<p>Physical health risks A</p> <p>Lots of indigenous peoples in South America use drinks or food that contain DMT as part of their culture – the best known example is ayahuasca ceremonies.</p>



movement is speeding up or slowing down

- feel like colours and sounds are distorted, this is sometimes called 'visuals'
- have double vision
- feel like you're having an out-of-body experience

For this reason, some people think DMT is spiritual and therefore safe, but it is still a chemical hallucinogen.

This means it can:

- raise your blood pressure
- raise your heart rate
- be harmful to those with a pre-existing heart condition
- cause nausea and vomiting, as a result of intoxication

Mental health risks

- DMT can produce very unpredictable – and sometimes very frightening – effects, which feed off a person's imagination.
- If panic sets in, the experience can be scary and confusing.
- Taking a hallucinogen like DMT can:
 - Lead to flashbacks, this is when part of the trip is subsequently relived after the original experience.
 - Be especially serious for someone with a history of mental health problems. It could trigger a problem for someone who didn't know they had a predisposition to mental health problems.
 - Lead to the user harming him or herself if the trip goes bad – so it's probably best to avoid taking DMT if you're in a bad or anxious mood.
 - Lead to unpleasant and emotional effects that could last for days after



taking the drug.

Ecstasy



Dizzle
Xtc
Superman
Rolexs
Pink Superman
Pills
Mitsubishi
MDMA
Mandy
E
Dolphins
Crystal
Cowies
Brownies
Molly
Beans
MD

Most people feel:

- very happy – hence the name
- ‘loved up’ – users often feel love and affection for the people they're with and the strangers around them
- energised and alert
- Ecstasy can also make people feel more in tune with their surroundings and like the music is more intense, which is why people sometimes take it in nightclubs and at parties.

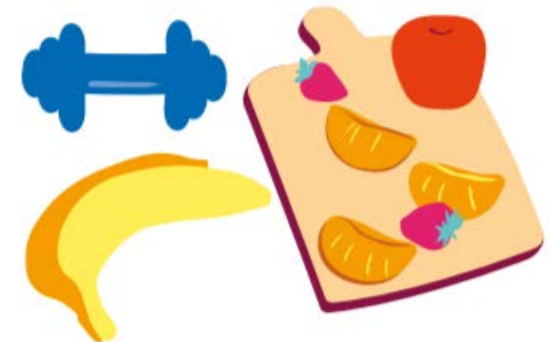
Some users have reported feelings of:

- Anxiety
- panic attacks
- confused episodes
- paranoia and even psychosis after taking ecstasy

Physical health risks

A

- Because the strength of ecstasy pills are so unpredictable, if you do decide to take ecstasy, you should start by taking half or even a quarter of the pill and then wait for the effects to kick in before taking anymore
- If you're taking MDMA, start by dabbing a small amount of powder only, then wait for the effects to kick in.
- Use of ecstasy has been linked to liver, kidney and heart problems.
- Some users report getting colds and sore throats more often when they take ecstasy.
- Anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a very dangerous reaction to the drug.
- Ecstasy affects the body's temperature control. Dancing for long periods in a hot atmosphere, like a club, increases the chances of overheating and dehydration. Users should take regular breaks from the dance floor to cool down and watch out for any mates who are on it – as they might not realise they're in danger of overheating or getting dehydrated.
- Drinking too much (including



water) can also be dangerous. This is because ecstasy can cause the body to release a hormone which stops it making urine. If you drink too quickly you might affect your body's salt balance, which can be as deadly as not drinking enough water. Users should sip no more than a pint of water or non-alcoholic drink every hour.



Mental health risks

- Evidence suggests that long-term users can suffer from memory problems and may develop depression and anxiety.

[Etizolam](#)



Zoly
Sylazepam
Pasaden
Mozun
Inxity
Etizola
Etisedan
Etilaam
Eticalm
Dezolam
Depas

Etizolam has a range of possible effects:

- Slows the brain and body down.
- Makes the user feel calm and relaxed and can help people get to sleep.
- Helps to stop fits.
- May cause short-term memory loss.
- Big doses can make a user forgetful and make them overly sleepy.

Physical health risks

Etizolam has a range of potential risks:

- Some have been shown to cause short-term memory loss and big doses can make a user forgetful and make them overly sleepy.
- They can be highly addictive.
- People who are addicted to [tranquillisers](#) can experience nasty withdrawal symptoms, which can include decreased concentration, tremors, nausea, vomiting, headaches, anxiety, panic attacks and depression. Very uncomfortable bodily sensations can also develop, including fitting which in severe cases can be fatal.
- Some people crush or

Psychoactive substances



melt [tranquillisers](#) that come as tablets or capsules, so that they can be injected. This is extremely dangerous and sometimes fatal. The chalk in the tablets is a major cause of collapsed veins which can lead to infection and abscess. Injecting gel capsules can also be particularly dangerous, as the gel can solidify inside the blood vessels.



[Gabapentin](#)

Neurontin



A prescription only medicine used to treat epilepsy and neuropathic pain

Gabapentin can produce feelings of relaxation, calmness and euphoria. Some users have reported that the high from snorted gabapentin can be similar to taking a stimulant.

Physical health risks

Gabapentin has effects in similar brain pathways to those that are affected by drugs like [benzodiazepine](#).

- It can cause dizziness, forgetfulness, drowsiness and confusion, all of which can put you at risk of hurting yourself, especially in certain environments.

Gabapentin commonly causes:

- Diarrhoea
- Constipation
- vomiting and feelings of wanting to vomit
- tremors
- flatulence
- increases in blood pressure
- trouble sleeping
- weight gain

Mental health risks

- Gabapentin commonly causes feelings of depression, hostility and anxiety.

Unc



GHB & GBL



Gbl
Gbh
Liquid Ecstasy
1
4-Bd
Geebs

GHB and GBL can make you feel:

- Euphoric
- Drowsy
- Relaxed
- turned on/sexy

Physical health risks

C

- It's very easy to overdose on GHB and GBL. Overdosing can lead to unconsciousness, coma and death.
- Because GHB and GBL can make people pass out easily, they've been linked to rape and other sexual assaults.
- If not diluted properly, GHB and GBL can burn the mouth and throat when swallowed.

Mental health risks

- GHB and GBL can result in short term confusion and disorientation.
- We don't yet know what the effects are on the brain from taking these drugs repeatedly.



Glues, gases and aerosols



Whippets
Volatile substances
Tooting
Solvents
Petrol
Inhalants
Huffing
Glues
Glue sniffing
Gases
Gas

The effects vary and depend on what you've taken, but it can feel like being drunk with dizziness, dreaminess, fits of the giggles, and difficulty thinking straight.

Physical health risks

None

- Inhaling glues, gases and/or aerosols can cause mood swings, aggressive behaviour, hallucinations, vomiting and blackouts.
- Squirting gas products down the throat can make your throat swell up so you can't breathe and it can slow down your heart and can cause a heart attack. Some users die from passing out and choking on their own vomit.



Dusting
Chroming
Butane
Aerosols

- Long-term abuse can damage the muscles, liver and kidneys. While very long term use, such as 10 years or more, can cause a lasting impairment of brain function (especially affecting how the brain controls body movement).
- Unsteadiness, disorientation/confusion and fainting can all contribute to the risk of accidents which are implicated in a number of the deaths.
- Many products are flammable and there is a risk of burns and explosions, especially if someone is smoking nearby or if in an enclosed space.



Mental health risks

- They can seriously affect your judgment and when you're high there's a real danger you'll try something dangerous.

[Heroin](#)



Smack
Skag
Horse
H
Gear
Brown

People take heroin to feel:

- Happy
- Relaxed
- Euphoric
- sleepy

Physical health risks

A

- It's very easy to overdose from heroin, which kills far more people in the UK than any other illegal drug.
- If you overdose you may begin to feel very sleepy. Your breathing will slow and you can fall into a coma. If your breathing slows too much you could die.
- Injecting heroin is very dangerous.



It's easier to overdose from injecting than from other ways of taking the drug. You also risk damaging veins and developing infections and blood clots. Sharing needles and syringes is also very dangerous as you run the risk of catching or spreading a virus, such as HIV, hepatitis B or hepatitis C.

- Injecting heroin can do nasty damage to your veins and arteries, and has been known to lead to gangrene (death of body tissue, usually a finger, toe or a limb) and to infections.
- There's also a risk of death due to inhaling vomit. Heroin sedates you and stops you from properly coughing. If you vomit you won't be able to cough and clear your throat. The vomit can then block your breathing.



[Image and performance enhancing drugs \(IPEDS\)](#)

Melanotan
Sildenafil
Viagra
Smart drugs
Nootropics

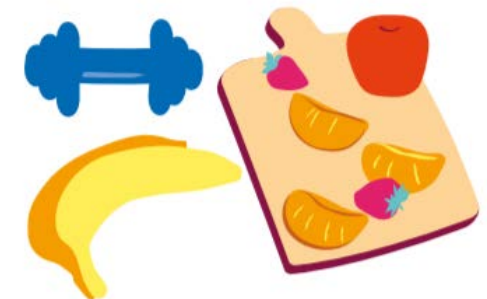
- Melanotan – can be used for erectile dysfunction.
- Sildenafil or Viagra – used for erectile dysfunction
- Smart drugs – such as modafinil and nootropics – are supposed to increase your cognitive function, memory, creativity or motivation.



Physical health risks

- Some of the side-effects from melanotan include adverse digestive and immune responses in the form of facial and chest flushing, severe constipation, blurred vision, muscle pains, lethargy, stomach cramping, nausea, vomiting, bloating, flatulence, back, liver and kidney pain.
- Common side-effects of sildenafil (Viagra) use include abnormal and

Mixed



blurred vision, headaches and dizziness, nosebleeds, insomnia, indigestion and muscle and back pain.

- Modafinil and nootropics can contain stimulants such as amphetamines, which can have physical side-effects such as: high blood pressure, teeth grinding, heart palpitations and dizziness and psychiatric side-effects, such as anxiety, insomnia and paranoia.
- Modafinil can lead to serious skin reactions and psychiatric harms, including anxiety.



Ketamine



VitaminK
Super K
Special K
K
Green
Donkey Dust
Ket
Wonk

Taking ketamine can make you feel:

- dream-like and detached
- chilled, relaxed and happy
- confused and nauseated

Ketamine can also:

- alter your perception of time and space and make you hallucinate (see or hear things that aren't there)
- stop you feeling pain, putting you at risk of hurting yourself and not realising it

Physical health risks

B

- Ketamine can increase your heart rate and blood pressure. It can make you confused, agitated, delirious and disconnected from reality.
- It can make you feel sick, and it can cause damage to your short- and long-term memory.
- Because you don't feel pain properly when you've recently taken ketamine, you can injure yourself and not know you've done it.
- Ketamine can cause serious bladder problems, with the urgent and frequent need to pee. This can be very painful and the pee can be blood-stained. Although stopping using ketamine can help, sometimes the damage can be so serious that the bladder needs surgical repair or




even removal.

- The urinary tract, from the kidneys down to the bladder, can also be affected and incontinence (uncontrolled peeing) may also develop.
- Abdominal pain, sometimes called 'K cramps', have been reported by people who have taken ketamine for a long time.

Mental health risks

- The longer term effects of ketamine use can include flashbacks, memory loss and problems with concentration.
- Regular use can cause depression and, occasionally, psychotic symptoms such as hallucinations. Ketamine can also make existing mental health problems worse.



<p>Khat</p> 	<p>Quat Qat Qaadka Chat</p>	<p>Khat is a stimulant and chewing it can:</p> <ul style="list-style-type: none"> • make people more alert and talkative • produce feelings of elation • suppress the appetite • lead to periods of insomnia • produce a feeling of calm if it's chewed over a few hours, with some describing it as being 'blissed out' 	<p>Physical health risks</p> <p>Because khat is a plant, some people think that it is safe to use. But using any drug involves risks. Here's what it could do to you:</p> <ul style="list-style-type: none"> • You can get high blood pressure, heart palpitations and heart problems with heavy use. • Khat can inflame the mouth and damage the teeth. It can also reduce appetite and cause constipation, and there is concern about a longer-term risk of development of mouth cancers. 	<p>C</p>
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- There is a small risk of significant liver disease, which has the potential to be life threatening.

Mental health risks

- You may develop insomnia and short-lived states of confusion.
- It can give you feelings of anxiety and aggression.
- It can make pre-existing mental health problems worse and can cause paranoid and psychotic reactions (which may be associated with irritability, anxiety and losing touch with reality).



LSD



Window
Trips
Tripper
Tab
Stars
Smilies
Rainbows
Paper Mushrooms
Micro Dot
Lucy
Liquid Acid
Lightning Flash
L
Hawk
Flash
Drop
Dots
Cheer
Blotter

Taking LSD can make you feel:

- Euphoric
- Giggly
- in awe of the people and things around you
- energised
- excited
- empathetic

It can also make you:

- see and hear things that aren't there (hallucinate)
- confused
- suspicious
- anxious
- panicked
- frightened
- overwhelmed

Physical health risks

- There's no evidence to suggest that LSD does any long-term physical damage.
- However, people have been known to harm themselves during a bad trip. So people in a bad mood, feeling depressed or worried should avoid taking the drug.

Mental health risks

- If you have mental health problems, or a history of mental health problems in your family, taking LSD could make them worse.
- If you panic on a trip it can be scary and confusing. A bad trip could be your worst nightmare come to life.
- Flashbacks, or ongoing visual

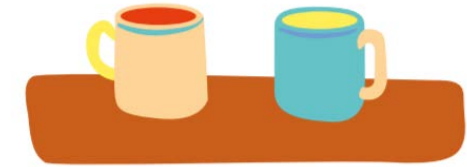
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Acid

- LSD feeds off your imagination so every person's experience is unique.

distortions, can occasionally happen, often causing great distress. Sometimes these experiences are called Hallucinogen Persisting Perception Disorder (HPPD), although very little is known about why some people are vulnerable or how to help them.



[Magic mushrooms](#)



Shrooms
Philosopher's
Stones
Mushies
Magics
Liberty Caps
Liberties
Amani
Agaric

Taking mushrooms can make you feel:

- very giggly
- euphoric
- in awe of the people and things around you

It can also make you feel:

- paranoid
- anxious
- panicked
- overwhelmed
- like vomiting

Physical health risks

- The biggest danger to your health when taking magic mushrooms is eating a poisonous mushroom by mistake.
- There are many types of mushroom in the UK and some, like the fly agaric, can kill you.

Eating magic mushrooms can make you:

- Dizzy
- Sick
- have diarrhoea
- get stomach pains

Mental health risks

Eating magic mushrooms can make you:

- have a bad trip, which can be frightening and unsettling
- get flashbacks that are frightening or unsettling
- lose complete control of what you're doing, and put you at risk

A



Mephedrone



White Magic
Miow
Meph
Meow Meow
MC
M-Smack
M-CAT
Drone
Charge
Bubble
Bounce
4-MMC

Mephedrone is often described as being like a mix between [speed](#), [ecstasy](#) and [cocaine](#).

Taking mephedrone can make you:

- alert
- confident
- talkative
- euphoric
- very affectionate towards the people around you
- full of energy
- very sensitive to touch and sexually aroused

It can also make you:

- anxious
- on edge
- agitated
- feel like your heart is racing or not beating properly (heart palpitations)
- very hot
- urgently need to poo lots
- dizzy
- grind your teeth (gum)
- sweat

Physical health risks

- There are several deaths a year in the UK from people taking mephedrone.
- There have been reports of people being hospitalised due to the short-term effects of mephedrone.
- It risks overstimulating and damaging your heart and your circulation.
- It risks overstimulating your nervous system, which may cause hallucinations, feelings of agitation and even fits.
- Overheating has been a significant cause of deaths when other amphetamine-type drugs, such as [ecstasy](#), have been used along with mephedrone.
- Injecting mephedrone is particularly dangerous for several reasons, including the fact that it's easier to overdose from injecting.

Mental health risks

Mephedrone can lead to:

- insomnia
- loss of short-term memory

B



Mescaline



PeyoteButtons
Peyote

Taking mescaline can lead to:

- An altered state of consciousness – with altered thinking and changes in time and

Physical health risks

- Some people can experience moderate to severe vomiting and/or headaches.
- It can make you dizzy, anxious and

A

perception – which is often described as happy, positive, enjoyable and ‘illuminating’.

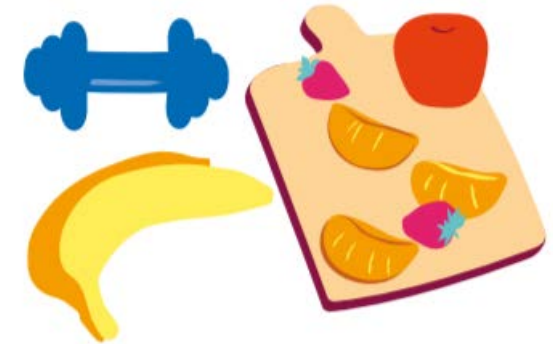
- Feeling like you are in a dream-like state.
- Prominent changes in visual perceptions with intense visual distortions and possibly hallucinations (where you see things that aren’t there). These can happen with your eyes open or closed. Less common are auditory hallucinations (hearing things that aren’t there).
- Development of vomiting, headaches and feelings of anxiety.

increase your heart beat.

- It can give you diarrhoea.

Mental health risks

- People have been known to harm themselves while under the effects of hallucinogens.
- Because the perception of your body and the world around you can be distorted, and you may also be quite distracted, you may well not be in complete control of what you're doing and so at risk of hurting yourself or others, particularly in any unsafe environments.
- If you panic, or don’t feel safe and comfortable with the people you’re with, the experience of a mescaline trip can be confusing or sometimes very scary. Whilst good trips can be pleasant and amusing at the time, bad trips can be terrifying.



[Methamphetamine](#)



Yaba
Tina And
Christine
Meth
Ice
Glass
Crystal Meth
Crank

Methamphetamine can reduce your appetite and make you feel:

- Exhilarated
- Alert
- Awake
- Agitated
- Paranoid
- Confused
- Aggressive
- aroused

Physical health risks

- Increased heart rate and blood pressure, raising the risk of heart attack – the higher the dose, the greater these effects.
- In cases of overdose: stroke, lung, kidney and gastrointestinal damage can develop, and coma and death can occur.
- There’s evidence that long-term methamphetamine use can cause brain damage, although this

B



gradually gets better if the user stays off the drug for a long time.

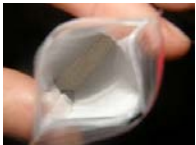
Mental health risks

- Severe psychosis caused by methamphetamine have been reported in countries where there is widespread use of the drug. Psychosis is a serious mental state where you lose touch with reality and may come to believe things that are not true.
- There’s evidence that long-term use can damage the brain, although this gradually gets better if the user stays off the drug for a long time.



Methoxetamine (MXE)

Rofloctr
Rhino ket
Mxe
Moxy
Mket
Mexy
Mexxy



- MXE can make people feel very chilled out, relaxed and euphoric. Some users have said that they feel ‘enlightened’ when taking MXE. Others have reported being agitated.
- MXE can produce a feeling of ‘floating away’, as if the mind and body are separated (called a ‘dissociative state’). You could feel completely detached from your body and surroundings, putting yourself in danger of accidentally being hurt or being hurt by others.

Physical health risks

B

Short term risks:

- Hallucinations.
- Dissociative effects can develop, which make you feel like your mind and body are separated, and even a severe form of dissociation, catatonia, when someone is awake but doesn’t respond to, or interact with, anything.
- It appears that MXE can make the heart beat faster than it should (called tachycardia) and increases blood pressure. Both of which might lead to a range of problems including heart attacks or strokes.
- MXE can also cause involuntary eye movement, loss of balance and poor



- MXE can cause hallucinations.
- Injecting MXE can damage the veins and can cause serious problems such as abscesses (swollen areas of tissue that are full of pus) and blood clots. Sharing injecting equipment, including needles and syringes, risks infection with hepatitis C and B viruses and HIV.



[Methylphenidate](#)



Ritalin
 Propylphenidate
 Posh
 Nopaine
 Methylnaphthidate
 Gogaine
 Fake cocaine
 Evoke
 Ethylphenidate
 Ching
 Burst
 Banshee dust

- As stimulant drugs, methylphenidate and the methylphenidate-based drugs can make you feel very ‘up’, awake, excited, alert and energised, but they can also make you feel agitated and aggressive.
- They may also stop you from feeling hungry.
- Stimulants can also cause you to feel agitated, panicky and cause a psychotic episode (this is a mental state when you can see or hear things which aren't there and can have delusions), which can lead you to put your own safety at risk.

Physical health risks

B

- Methylphenidate and methylphenidate-based drugs can put a strain on your heart and nervous system, increasing your heart rate and blood pressure.
- Ethylphenidate use has been associated with an increased heart rate and raised blood pressure and bizarre and violent behaviour. Injecting ethylphenidate has been associated with a loss of fine motor control.
- Injecting any drug can do nasty damage to your veins and arteries, and has been known to lead to gangrene (death of body tissue, usually a finger, toe or a limb) and to infections. There are also risks involved in sharing needles, syringes and other equipment involved in injecting that are well-known – it puts you, and others, in danger of serious infections like



hepatitis B, hepatitis C and HIV/AIDS.

Mental health risks

- Stimulant drugs, like methylphenidate and the methylphenidate-based drugs, can make you feel overconfident and disinhibited, induce feelings of anxiety, panic, confusion, paranoia, and even cause psychosis, which can lead you to put your own safety at risk.
- Ethylphenidate use has been associated with anxiety, restlessness, paranoia, visual disturbances, bizarre and violent behaviour.



Naphyrone



Rave
Nrg1
Nrg-1
Energy1
Energy-1

As naphyrone is related to the [cathinones](#) it can be assumed that it is likely to share the same effects as other cathinones, such as euphoria, talkativeness, alertness and feelings of empathy.

Physical health risks

Naphyrone does not have a long history of use, but it's likely to share the same risks as other [cathinones](#) such as insomnia, loss of short-term memory, vertigo, grinding of teeth and sweating. Here's what it may do to you:

- It can overstimulate the heart and circulatory system, causing damage such as high blood pressure and possibly heart attacks.
- It can over-excite the nervous system, which can lead to fits.
- Other risks include reduced inhibitions leading to risky behaviours, such as unprotected sex.

B



[N-bomb](#)



SmileyPaper
Bom-25
2C-I-Nbome
25I-Nbome
25I

The main effects of taking hallucinogens, like N-Bomb, are:

- Time and movement can appear to speed up and slow down.
- Colour, sound and objects can get distorted and you can experience double vision.
- Feelings of euphoria (intense happiness) and love/empathy.
- Mental and physical stimulation.
- A pleasant or positive change in consciousness.
- Unusual body sensations.
- Feeling tired, anxious, panicky and depressed.
- Feelings of confusion and paranoia.
- Insomnia
- Feeling sick and nauseous.
- Body tremors and shaking.

Mental health risks

- It can cause feelings of anxiety and paranoia.

Physical health risks

- Physical health risks include feeling sick and nauseous, and body tremors and shaking.
- Increased heart rate and blood pressure, which can put pressure on your heart and circulation system and in extreme cases can lead to heart failure.
- Some people might have seizures and a fever or high body temperature.

A



Mental health risks

- Feelings of confusion and paranoia.
- Insomnia, this is where someone finds it very hard to fall asleep or to stay asleep for a normal amount of time.
- Agitation and aggression.
- You may see and hear things that aren't there (known as hallucinations).



[New psychoactive substances](#)

PlantFood
Nps
Mdat

The main effects of almost all psychoactive drugs, including so-called legal highs, can be

Stimulants

- These can make you feel overconfident and disinhibited,

Psychoactive substances



Eric 3
Dimethocaine
Bath Salts
Clockwork
orange
Bliss
Mary Jane

described using the four main categories below.

- Stimulants can make you feel energised, physically active, fast-thinking, very chatty and euphoric.
- Sedatives can make you feel euphoric, relaxed or sleepy.
- Hallucinogens create altered perceptions and can make you hallucinate (seeing and/or hearing things that aren't there). They can induce feelings of euphoria, warmth, 'enlightenment' and being detached from the world around.
- Synthetic cannabinoids act similarly to [cannabis](#). The effects of these are similar to cannabis intoxication: relaxation, altered consciousness, disinhibition, a state of being energised and euphoria.

induce feelings of anxiety, panic, confusion, paranoia, and even cause psychosis, which can lead you to put your own safety at risk. This type of drugs can put a strain on your heart and nervous system. They may give your immune system a battering so you might get more colds, flu and sore throats. You may feel quite low for a while after you've stopped using them.

Downers or sedative

- These can reduce inhibitions and concentration, slow down your reactions and make you feel lethargic, forgetful or physically unsteady, placing you at risk of accidents. This type of drugs can also cause unconsciousness, coma and death, particularly when mixed with [alcohol](#) and/or with other downer drugs. Some people feel very anxious soon after they stop taking downers, and if a severe withdrawal syndrome develops in heavy drug users, it can be particularly dangerous and may need medical treatment.

Synthetic cannabinoids

- These could lead to severe or even life-threatening intoxication when taken in sufficiently larger doses. They can also affect your central



nervous system, and lead to seizures, fast heart rates, high blood pressure, sweating, increased body temperature, being agitated and being combative (ready to fight).

Psychedelic or hallucinogenic

- These can cause confusion, panics and strong hallucinatory reactions (known as ‘bad trips’), and their effects can make you behave erratically and put your own safety at serious risk – including from self-harm.
- These drugs can interfere with your judgement, which could put you at risk of acting carelessly or dangerously, and of hurting yourself, particularly in an unsafe environment.



Nitrous Oxide



Balloons
Nos
Whippits
Laughing Gas
Hippie Crack
Chargers
Noz

Taking nitrous oxide can cause:

- feelings of euphoria, relaxation and calmness
- fits of giggles and laughter – hence the nickname ‘laughing gas’
- sound distortions and hallucinations – when you see or hear things that aren't there

Physical health risks

- It is very dangerous to inhale nitrous oxide directly from the canister, and doing it in an enclosed space is also very dangerous.
 - If you take too much nitrous oxide you risk falling unconscious and/or suffocating from the lack of oxygen. People have died this way.
- Other risks include:
- Dizziness, which might make you act carelessly or dangerously.
 - Heavy regular use of nitrous oxide can lead to a deficiency of vitamin

Psychoactive substances



			B12 and to a form of anaemia.	
			<ul style="list-style-type: none"> Regular use can stop you forming white blood cells properly. 	
Opiate/opioid painkillers	Morphine Diamorphine	<p>Although the different opiate painkillers vary in how powerful they are, and we are not here listing all their medical uses, they are often aimed to have the following effects:</p> <ul style="list-style-type: none"> relief of pain reduced coughing 	<p>Physical health risks</p> <p>An opiate painkiller that has been properly prescribed or has been obtained from your local pharmacy is subject to stringent controls, as with any other medicine, so you can be sure of its strength and that it has not been tampered with.</p> <p>But you can't be sure about this with opiate painkillers that have been obtained from unreliable or illegal sources.</p> <p>The risks associated with taking an opiate painkiller, especially in high dose, purchased from a source outside the legitimate supply chain (may include:</p> <ul style="list-style-type: none"> constipation itching nausea and retching lethargy dizziness or fainting in overdose, suppression of normal breathing, and risk of respiratory arrest (when you stop breathing altogether) Injecting any opiate painkiller can do nasty damage to your veins and arteries, and this can lead to gangrene (death of body tissue, usually a finger, toe or a limb), 	Mixed



PCP



Phencyclidine
Peace pills
Hog
Angel dust

It has a number of effects:

- It can change how you see reality. You can have hallucinations and see and hear things that aren't there.
- The way you experience time may change, time may speed up or slow down.
- It might make you feel really happy and upbeat.
- It might make you feel very down, panicky and paranoid.
- You may believe things that aren't true.
- Some people become more aggressive and violent.

Physical health risks

- A loss of coordination and control.
- An increase in body temperature.
- Feeling detached from reality.
- Convulsions – when your body shakes violently without you meaning it to.
- Leading users to hurt themselves: some users have been known to cut themselves or commit suicide.
- PCP can lead to convulsions, and cause your breathing to become shallow and slow, or even stop your lungs from working completely – which can result in death.



Mental health risks

- Taking PCP can lead to a severe psychotic state. This is a mental condition that stops you from thinking clearly, telling the difference between reality and your imagination, and acting in a normal way. These states are temporary.
- Long term use of PCP has been reported to cause memory and

blood clots/thromboses and to infections. There are also risks from sharing needles, syringes and other equipment used for injecting – with the danger of developing serious tissue infections or sharing viral infections like hepatitis B, hepatitis C or HIV.

A



			<p>cognitive problems, poor appetite and weight loss, depression, and a prolonged paranoid state of mind.</p> <ul style="list-style-type: none"> • PCP can cause anxiety and agitation. 	
<p>Phenazepam</p> 	<p>Fenazepam Bonsai supersleep Bonsai</p>	<p>Phenazepam is a powerful benzodiazepine.</p> <ul style="list-style-type: none"> • It provides a sedative effect, relieving tension and anxiety, and making the user feel calm and relaxed. • It can also cause a loss of coordination, dizziness and drowsiness. • Big doses can make a user forgetful and send them to sleep or potentially put them into a coma. 	<p>Physical health risks</p> <ul style="list-style-type: none"> • Phenazepam is a powerful benzodiazepine and it is easy to take too much and overdose. • Phenazepam is used to make fake Valium (diazepam). People have taken what they thought was a normal Valium dose, but is in fact a high dose of phenazepam, and have ended up in hospital. 	C
<p>Piperazines</p> 	<p>The Good Stuff Smileys Silver Bullet Rapture Pep Twisted Pep Stoned Pep Love Pep Party Pills Nemesis Legal X Legal E Happy Pills Frenzy Fast Lane</p>	<p>The stimulant effects of piperazines are similar to MDMA (ecstasy) but dose for dose they are not as potent. Effects can last for 6 to 8 hours and include feelings of:</p> <ul style="list-style-type: none"> • Euphoria • being alert, alive and full of energy • arousal • Sleeplessness • loss of appetite 	<p>Physical health risks</p> <ul style="list-style-type: none"> • Users often suffer a hangover-like reaction that can last for up to 24 hours. • Agitation, vomiting, stomach pain, fits, irregular heart rhythms, diarrhoea, allergic reactions and fever have been reported. • As stimulant drugs, piperazines are particularly risky if taken by anyone suffering from high blood pressure or a heart condition • Perfectly healthy young people can have a fit or heart attack after taking stimulant drugs. 	C



Exodus
 Euphoria
 Esp
 Cosmic Kelly
 BZP
 Bolts Extra
 Strength
 Blast
 Benzylpiperazine
 (BZP)
 TFMPP
 DBZP
 mCPP
 A2



[PMA](#)



Red Mitsubishi
 Pmma
 Pink McDonalds
 Pink Ecstasy
 Mitsubishi Turbo
 Killer
 Dr Death
 Double Stacked
 Chicken Yellow
 Chicken Fever

PMA effects include:

- Giving people an energy buzz that makes them feel alert and alive
- Feeling in tune with surroundings
- Sounds and colours are more intense
- Feelings of great love for friends and strangers

Physical health risks

A

- The effects of PMA can take a while to kick in so there's a risk of the user double-dosing to compensate, risking a fatal overdose.
- PMA affects the body's temperature control and the risk of overheating may be greater than [ecstasy](#), as it is more poisonous. People can get so out of control that they don't realise they're in danger of overheating and dehydration.
- As little as a quarter of a tablet (60mg) is enough to significantly increase blood pressure, body temperature and pulse rates.
- Anyone with a heart condition, blood pressure problems, epilepsy or asthma can have a very



dangerous reaction to the drug.

- PMA can cause muscle spasms and lots of people feel very sick after taking it.
- Drugs like PMA and MDMA ([ecstasy](#)) can cause the body to release a hormone which suppresses the production of urine. So, if a user drinks a few pints of liquid too quickly, water builds up in the body and interferes with the body's salt balance. This excess of water in the body can directly harm brain function, and this can be as deadly as not drinking enough water.



Mental health risks

- Anyone using too much can get paranoid and depressed.

[Poppers](#)



TNT
Thrust
Rock Hard
Ram
Liquid Gold
Kix
Amyls

Sniffing poppers increases blood flow to the body giving some users:

- a head-rush that lasts for a couple of minutes
- a sense of euphoria
- increased sex drive and skin sensitivity

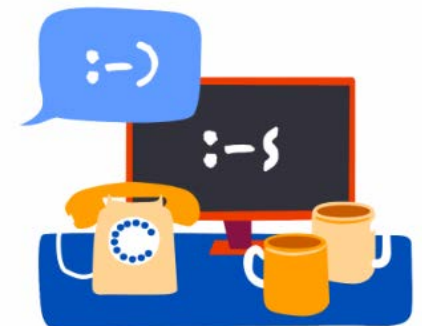
It can also leave you:

- feeling sick and faint
- uncoordinated
- with a nosebleed
- with a headache
- with chest pains

Physical health risks


- Swallowing poppers can be fatal.
- Sniffing poppers is potentially dangerous for anyone with heart problems, anaemia or glaucoma (an eye disease).
- Sniffing poppers can make your blood pressure drop.
- Fatal 'sudden sniffing death syndrome' has been reported due to development of an abnormal heart rhythm when taking poppers.
- Users can also die from injury to red blood cells and reduced oxygen supply to vital organs, but this is

The Medicines Act




			<p>very rare.</p> <ul style="list-style-type: none"> • Poppers may lead to you losing consciousness and choking on your vomit. • Poppers are highly flammable and can cause chemical burns on the skin, leading to rashes around the nose and mouth. • Poppers can cause nausea, headache, and disorientation. 	
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<p>Pregabalin</p> 	Lyrica	<p>A prescription only medicine used to treat epilepsy, neuropathic pain and anxiety</p> <p>Pregabalin can produce feelings of euphoria, relaxation and calmness.</p> <p>It can also enhance/increase the euphoric effects of other drugs, like opiates.</p>	<p>Physical health risks</p> <ul style="list-style-type: none"> • Pregabalin can cause dizziness, drowsiness and confusion, all of which can put you at risk of hurting yourself. <p>Pregabalin's most common side effects include:</p> <ul style="list-style-type: none"> • Constipation • vomiting and feelings of wanting to vomit • flatulence • poor muscle control • trouble sleeping • weight gain • visual disturbances, like blurred vision 	Under review
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<p>Salvia</p> 	<p>Mexican magic mint</p> <p>Holy sage</p> <p>Eclipse</p>	<p>Depending on dosage, experiences can vary from the fairly mild to full blown with psychedelic hallucinations. It can provide enjoyable hallucinations.</p>	<p>Physical health risks</p> <p>Taking salvia does involve risks:</p> <ul style="list-style-type: none"> • Throat and lung irritation, headaches and mild irritability have been reported after using salvia. • Most physical harms resulting from 	Psychoactive substances
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At higher doses users can experience dramatic time distortion, vivid imagery and scary hallucinations.

using salvia occur as a result of people injuring themselves when under the influence of salvia, rather than salvia directly causing harm.

Mental health risks

- There is some concern that salvia could trigger psychotic episodes, particularly in young people and people with previous history of, or a family history of, mental health problems.



Speed



Whizz
Sulph
Paste
Billy
Base
Amphetamine
Sulphate
Amphetamine

Taking speed can make you feel:

- Alert
- Energised
- wide awake
- excited
- Some people take it because it gives them the energy to do things for hours without getting tired – like dancing and talking.
- Speed stops you feeling hungry too, and amphetamines like speed were once the main ingredient in diet pills.

Physical health risks

A

- Speed puts a strain on your heart, so it's definitely not advisable for people with high blood pressure or a heart condition – users have died from taking too much.
- Taking a lot of speed, alongside its effects on diet and sleep, can give your immune system a battering – so you could get more colds, flu and sore throats.
- Depending on how much you've taken, it can be difficult to relax or sleep.
- Injecting speed is particularly dangerous, and it's much easier to overdose when injecting.
- Injecting can also cause damage to veins and arteries, and may cause ulcers and even gangrene (that's when bits of the body start to die).
Viral hepatitis and HIV can be



spread by users sharing needles, syringes or other injecting equipment.

Mental health risks

The comedown from speed can last several days, and users often say they feel lethargic and sad after taking it. Regular use of speed can also lead to problems with learning and concentration too.

Speed can lead to:

- Anxiety
- Depression
- Irritability
- Aggression
- Paranoia
- mental illness
- acute psychotic episodes (this is a mental state when you see or hear things which aren't there and have delusions)



[Synthetic cannabinoid](#)



X
 Tai High
 Hawaiian Haze
 Spice
 Mary Joy
 Exodus
 Damnation
 Ecess
 Devil's Weed
 Clockwork
 Orange
 Bombay Blue

Typical effects include:

- Feelings of being happy, euphoric and relaxed, with some people getting the giggles, feeling hunger pangs and becoming very talkative, while others get more drowsy.
- Mood and perception can change, and concentration and coordination may become difficult. Synthetic

Physical health risks

Reported side-effects from using synthetic cannabinoids include:

- feelings of lightheadedness, dizziness, confusion and tiredness
- nausea and vomiting
- hot flushes
- increased heart rate and blood pressure, which may cause chest pains and damage your heart and even cause a heart attack
- excessive sweating

Psychoactive substances



Extreme
Blue Cheese
Black Mamba
Annihilation
Amsterdam Gold

cannabinoids, possibly because of their potency, are more likely to be associated with hallucinations than natural cannabis.

- Some will have quite bad reactions, such as paranoia, panic attacks and forgetfulness.

- fingers, toes or muscles feel numb and tingly
- tremors, seizures and fits

Mental health risks

- feeling excited, agitated and aggressive
- mood swings
- anxiety and paranoia
- suicidal thoughts
- memory problems and amnesia
- hallucinations and psychoactive episodes
- Regular use could cause a relapse of mental health illness or increase the risk of developing a mental illness



[Synthetic opioids](#)



Fentanyl
Carfentanyl

As with natural opiates, the effects of synthetic opioids include:

- pain relief
- euphoria or well-being
- relaxation
- sleepiness

Physical health risks

There can be harmful effects, which can include:

- Constipation
- Itching
- Nausea and retching
- Lethargy
- Loss of consciousness and coma
- Dizziness or fainting
- Suppression of normal breathing, including respiratory arrest (when you stop breathing altogether)
- If you inject synthetic opioids you can do nasty damage to your veins and arteries, and this can lead to gangrene (death of body tissue, usually a finger, toe or a limb), blood clots/thromboses and to

Psychoactive substances



Tobacco



Smokes
Shisha
Rollies
Hubble Bubble
Hookah
Fags
Ciggies
Baccy

First time smokers often feel sick and dizzy.

Regular smokers believe that smoking tobacco helps them to relax, to handle stress and to feel less hungry.

infections

- There are also risks from sharing needles, syringes and other equipment used for injecting – with the danger of developing serious tissue infections or spreading viral infections like hepatitis B, hepatitis C or HIV

Physical health risks

Of the over 4,000 chemicals that tobacco contains many have harsh effects on the human body.

- Smoking can increase your blood pressure and the heart rate, which can damage the heart and circulation and contribute to heart attacks, strokes and cause cancer.
- Smokers are more likely to get coughs and chest infections.
- Smoking has been linked to the amputation of 2,000 limbs a year.
- It's estimated that smoking contributes to 100,000 premature deaths in the UK every year.
- Smoking Shisha can be more dangerous than smoking cigarettes, with users at increased risk of picking up diseases such as herpes or tuberculosis from sharing pipes.

Other effects from smoking:

- Smoking tobacco has lots of immediate effects, such as making your clothes and hair smell, to costing you lots of money.

Legal



Tranquilliser
s



Xanax
Vallies
Rugby Balls
Roofies
Rohypnol
Norries
Moggies
Mazzies
Jellies
Eggs
Downers
Blues
Benzos
Benzodiazepines
Valium
Diazepam

Effects of tranquilisers are:

- Sedation – they depress the nervous system and ‘slow’ the brain and body down
- Relief of tension and anxiety – helping the user feel calm and relaxed.
- Help with insomnia

Physical health risks

- People who are addicted to tranquillisers can experience nasty withdrawal symptoms, which can include decreased concentration, tremors, nausea, vomiting, headaches, anxiety, panic attacks and depression. Very uncomfortable bodily sensations can also develop; and fits can occur, which in severe cases can be fatal.
- Some people crush or melt tranquillisers that come as tablets or capsules, so that they can be injected. This is extremely dangerous and sometimes fatal.
- There are concerns that tranquillisers have been used in sex crimes, where a victim’s drink is spiked with a tranquilliser, for example Rohypnol, making them very drowsy or knocking them out so they're either unaware of, or unable to, prevent a sexual assault.

C



Mental health risks

- Some have been shown to cause short-term memory loss and big doses can make a user forgetful and make them overly sleepy.
- They can be highly addictive, and so are mainly recommended only for short-term use in medicine.



Law classes:

Class	What it means
A	<ul style="list-style-type: none"> • It's illegal to have for yourself, give away or sell. • Possession can get you up to 7 years in prison, an unlimited fine or both. • Supplying someone else can get you life in prison, an unlimited fine or both.
B	<ul style="list-style-type: none"> • Illegal to have for yourself, give away or sell. • Possession can get you up to 5 years in prison, an unlimited fine or both. • Supplying someone else can get you up to 14 years in prison, an unlimited fine or both.
C	<ul style="list-style-type: none"> • Illegal to have for yourself, give away or sell. • Possession can get you up to 2 years in prison, an unlimited fine or both. • Supplying to someone else can get you up to 14 years in prison, an unlimited fine or both.
Psychoactive substances	<ul style="list-style-type: none"> • Illegal to give away or sell. • There's no penalty for possession, unless you're in prison. • Supply and production can get you up to 7 years in prison, an unlimited fine or both.
The Medicines Act	<ul style="list-style-type: none"> • Legal to sell, but only as products not for human consumption. • Possession is not illegal but supply can be an offence.

