

'Legal Highs'

Not safe, not legal

'Legal Highs'

- Have the same, or similar harmful effects as illegal drugs.
- 'Legal' doesn't mean safe. It's unlikely that its been tested!
- It could be packed with harmful substances!



What's in it?

How much is in it?

Is it safe?

'Legal Highs'

Under current legislation it is illegal to supply or advertise for 'human consumption' so sellers refer to 'legal highs' as research chemicals, plant food, bath crystals or pond cleaner.

They are not intended for human use so you really don't know what your getting!

'Legal highs' have all kinds of names, including brand names and chemical names.

Heard of any of these?

MDAT

Benzo Fury

Dimethocaine

Silver Bullet

5IAI

Ivory Wave

Risks of 'legal highs'

Can include

- reduced inhibitions
- drowsiness
- excited or paranoid states
- coma, seizures, and death.

These risks are increased if used with alcohol or other drugs.

'Legal highs' and the law

- 'Legal highs' may look similar to illegal drugs. If the police find a 'legal high' in your possession they are entitled to confiscate it for testing and may detain you for questioning, or even arrest you.
- 'Legal highs' may contain one or more substances that are actually illegal to possess.

The Future of 'Legal Highs'

The Home Office will introduce one-year temporary bans on new 'legal highs' as a way of taking them off the market while the health issues can be considered by an independent group of experts, the Advisory Council on the Misuse of Drugs (ACMD).

Just because its legal does not mean it is without risk!

- Look out for your mates, keep each other safe.
- Mixing more than one substance (including alcohol) can be unpredictable and dangerous.
- Learn first aid so you will know what to do if an emergency arises. If in any doubt call an ambulance.
- If you take drugs, tell friends what you have taken in case of any difficulties.
- Know the recovery position.



Information and support

- Frank

www.talktofrank.com

Tel: 0800 77 66 00

- Chill Out Sound Support (Nottingham)

Tel: 0115 8452361

- Compass (Nottingham)

Tel 0115 942 8232