

Drug information



SUBSTANCE NAME	MAIN EFFECTS	SHORT-TERM DOWNSIDES	LONG-TERM RISKS	KEY INFORMATION FOR PUBS, CLUBS & FESTIVALS
Cannabis 	Relaxant & hallucinogen	Anxiety & paranoia	Smoking-related health risks and mental health problems, especially schizophrenia	People may get paranoid and need reassurance.
Cocaine 	Stimulant	Anxiety & paranoia. Risk of seizures.	Strain on heart, passing blood-borne infections if sharing straws/notes.	Ensure easy availability of drinking water and ventilation/cooling of premises.
Ecstasy/MDMA 	Stimulant & mood changer	Dehydration and heatstroke. Risk of seizures.	Suppressed immune system, memory problems and possible organ damage.	Ensure easy availability of drinking water and ventilation/cooling of premises.
Ketamine 	Disassociation and hallucinogen. Anaesthetic.	Vomiting, accidents, vulnerability to sexual assault or theft. May be unaware of sustaining injury.	Bladder damage, psychosis.	Safeguard people heavily affected to prevent them being robbed or sexually assaulted.
LSD 	Powerful hallucinogen	Bad trips, accidents.	Flashbacks.	People can become distressed and need calm reassurance for prolonged periods.
Magic Mushrooms 	Powerful hallucinogen	Bad trips, accidents.	Flashbacks.	People can become distressed and need calm reassurance for prolonged periods.
GHB, GBL, G 	Similar to alcohol in lower doses.	Risk of overdose, vulnerability to sexual assault	Risk of addiction.	People in a GHB-induced coma need urgent hospital assessment.
Nitrous Oxide 	Hallucinogen	Risks of suffocation if not using a balloon	Tinnitus and spasms in arms and legs	In rare cases, people can become unconscious and require medical attention.
Poppers 	Head-rush, euphoria	Headache	Blurred vision from eye damage	Very toxic if swallowed