

## HERBAL HIGHS



Get the facts,

Know the risks!

- New synthetic drugs like Clockwork Orange are neither 'natural' nor 'herbal.' They are made from artificially produced chemicals.
- The contents of these products may vary from week to week and often contain more than one psychoactive ingredient.
- 1 in 5 samples seized in the UK actually contained a controlled (illegal) substance carrying the same penalties as other illegal drugs.
- These substances are very powerful and can cause far more problems than ordinary cannabis.
- Use can cause depression, paranoia, psychosis, and in some cases, has resulted in deaths.
- The long term effects of these substances are unknown and the short term effects are often dangerous and unpleasant.
- Prolonged use can result in 'withdrawal' where problems temporarily worsen.



#### **Harm Reduction Advice**

- Smoking in pipes or bongs can make it harder to control how much you take.
- Using with alcohol or other drugs is even riskier.
- The chemicals are often unevenly spread across the leaves making it difficult to control how much you take.

**Caution: 'Herbal Highs' are new, untested and there is no way of using them safely. The best safety advice is to steer well clear of them.**

**If you've been using 'Herbal Highs' and need help, or know someone that does....**



- You can contact the local addiction support service for confidential advice and support on 049 437 9160
- If you're experiencing paranoia, depression or having suicidal thoughts you can also contact your GP for help.
- If you feel you might harm yourself or feel unwell after using these drugs you can go to accident and emergency or call an ambulance

**If you're worried about your use, or experiencing any of the problems mentioned above, speak to someone you trust. Get support and ask for help from family or friends. Symptoms usually stop within a few weeks after you stop using.**