



# Screen Safe UK

## Illicit Drugs, Prescribed Drugs and Volatile Substances and their Main Effects

Name (street / trade names include):	How usually taken:	Effects sought:	Harmful effects include:	Legal status
<b>Heroin</b> (smack, horse, gear, H, junk, brown, stag, scag, jack).	Injected, snorted or smoked.	Drowsiness, sense of warmth and well-being.	Physical dependence, tolerance. Overdose can lead to coma and even death. Sharing injecting equipment brings risk of HIV or hepatitis infection.	<b>Class A</b>
<b>Cocaine</b> (coke, charlie, snow, C).	Snorted in powder form, injected.	Sense of well-being, alertness and confidence.	Dependence, restlessness, paranoia, damage to nasal membranes.	<b>Class A</b>
<b>Crack</b> (freebase, rock, wash, stone).	Smokable form of cocaine.	Similar to those of snorted cocaine but initial feelings are much more intense.	As for cocaine but, because of the intensity of its effects, crack use can be extremely hard to control, damage to lungs.	<b>Class A</b>
<b>Ecstasy</b> (E, XTC, doves, disco biscuits, echoes, scooby doos). Chemical name: MDMA.	Swallowed usually in tablet form.	Alert and energetic but with calmness and a sense of well-being towards others. Heightened sense of sound and colour.	Possible nausea and panic, overheating and dehydration if dancing, which can be fatal. Use has been linked to liver and kidney problems. Long-term effects not clear but may include mental illness and depression.	<b>Class A</b>
<b>LSD</b> (acid, trips, tabs, dots, blotters, microdots).	Swallowed on tiny square of paper.	Hallucinations, including distorted or mixed-up sense of vision, hearing and time. An LSD trip can last as long as 8-12 hours.	There is no way of stopping a bad trip which may be a very frightening experience. Increased risk of accidents can trigger off long-term mental problems.	<b>Class A</b>
<b>Magic Mushrooms</b> (shrooms, mushies).	Eaten raw or dried, cooked in food or brewed in a tea.	Similar effect to those of LSD but the trip is often milder.	As for LSD, with the additional risk of sickness and poisoning and shorter.	Not illegal in raw state but Class A once dried or processed in any way.
<b>Barbiturates</b> (barbs, downers).	Swallowed as tablets or capsules, injected.	Calm and relaxing state, larger doses produce a drunken effect.	Dependency and tolerance. Overdose can lead to coma or even death. Severe withdrawal symptoms.	<b>Class B</b>
<b>Amphetamines</b> (speed, whizz, uppers, billy, sulph, amp).	In powder form, dissolved in drinks, injected, sniffed / snorted.	Stimulates the nervous system, wakefulness, feeling of energy and confidence.	Insomnia, mood swings, irritability, panic. The comedown (hangover) can be severe and last for several days.	<b>Class B</b>
<b>Cannabis</b> (hash, dope, grass, blow, ganja, weed, shit, puff, marijuana)	Rolled with tobacco into a spliff, joint or reefer and smoked, smoked in a pipe or eaten.	Relaxed, talkative state, heightened sense of sound and colour.	Impaired co-ordination and increased risk or accidents, poor concentration, anxiety depression, increased risk or respiratory diseases including lung cancer.	<b>Class C</b>
<b>Tranquillisers</b> (brand names include: Valium, Altivan, Mogadon (moggies), Temazepam (wobblies, jellies)).	Swallowed as tablets or capsules, injected.	Prescribed for the relief of anxiety and to treat insomnia, high doses cause drowsiness.	Dependency and tolerance, increased risk of accidents, overdose and be fatal, severe withdrawal symptoms.	<b>Class C</b> (available only on prescription (Medicines Act). Supply is illegal but apart from Temazepam, not illegal to possess without a prescription. (Misuse of Drugs Act 1971 and associated Regulations).
<b>Anabolic Steroids</b> (many trade names).	Injected or swallowed as tablets.	Will result in increased muscle bulk and strength. Possibly helps recovery from intensive exercise.	For Men: erection problems, risk of heart attack or liver problems. For Women: development of male characteristics. Injecting equipment brings risk of HIV or hepatitis infection. Increased aggression, acne, increase in blood pressure and cholesterol.	<b>Class C</b>
<b>Poppers</b> (alkyl nitrates, including amyl nitrate with trade names such as Ram, TNT, Thrust).	Vapours from small bottle of liquid are breathed in through mouth or nose.	Brief and intense head-rush caused by sudden surge of blood through the brain.	Nausea and headaches, fainting, loss of balance, skin problems around the mouth and nose, particularly dangerous for the glaucoma anaemia, breathing or heart problems.	Not illegal to possess but supply without prescription is illegal and can be an offence.
<b>Volatile Substances<sup>1</sup></b> (including solvents, lighter gas refills, aerosols, glues, paint, some paint thinners and correcting fluids).	Sniffed or breathed into the lungs.	Short-lived effects similar to being drunk, thick-headed, dizziness, possible hallucinations.	Nausea, blackouts, increased risk of accidents. Fatal heart problems can cause instant death.	Not illegal to possess but it is illegal for a shopkeeper to sell solvents to anyone under 18, if they suspect they are intended for misuse.

<sup>1</sup> Drug Misuse at Work - a guide for employers HSE Books IND(G) 291 (rev2)



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