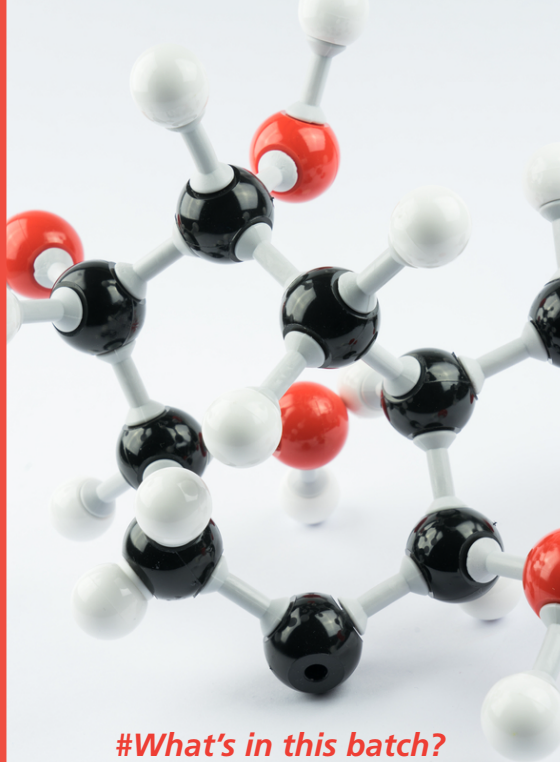


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**What you need
to know about
Legal Highs.**



#What's in this batch?

4 Main Types of Legal Highs

They are *stimulants, synthetic cannabinoids, downers and hallucinogens* although if you take some of them you may experience a mixture of these effects. They are designed to mimic drugs like cannabis, ecstasy, speed, coke and ket. Just like the 'real thing' they can be really addictive and can cause real problems to your body and mind. Some even contain traces of illegal drugs. The truth is you don't know what's in it, and it could contain some very dangerous stuff. Legal doesn't = safe

Stay Safe

- Try to cut back and not use every day. Don't overdo it.
- Start low go slow – dose carefully.
- Be aware of different dosing across the legal highs. Use the correct dose for that drug.
- Try a test dose (a small dab on your pinky) and wait at least 2 hours before re-dosing to ensure there are no bad effects.
- Swallow don't smoke (powders)– bomb, mix in drink.
- Just stick to one drug at a time – mixing can lead to overdose and heart trouble.
- Don't take drugs and drive or get into a car when you know the driver has been taking drugs.
- Have a safety plan for getting home.
- Carry and use condoms.

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Brighton & Hove
City Council