

What Support Can You Get?

If you want to speak to someone about your legal high use, or the use of someone you care about, then call us on 0800 014 9819.

The Pavilions helpline is a freephone number and is available for information and advice 24 hours a day.

You can also call directly on 01273 731 900 to book an appointment, or organise a referral.

If you would prefer to come in and talk to us in person, then you can pop into our drop-in sessions on Mon - Fri, 10am - 4pm for a coffee and an informal chat. You don't need an appointment, you can just turn up to 26 Ditchling Road or 9 The Drive. In addition there is a women-only drop in at 11 Richmond Place on Tuesdays and Thursdays 10am - 2.45pm.



We also have a dedicated LGBT worker at the service. If you would prefer to contact them directly please ring 07884 476 634.

Information, advice and other tools are available to download from our website.

Freephone 0800 014 9819

www.pavilions.org.uk

 **@Pavilions_org**



Service Commissioned
by Brighton & Hove City
Council

Ever asked yourself if you have a problem with Legal Highs?

**Maybe it's
time to call
Pavilions on
0800 014 9819?**



#What's in this batch?

**Worried about
Legal Highs?**

Legal Stuff

Most Legal Highs are not controlled under the Misuse of Drugs Act, but the government can ban new drugs for 1 year under a 'temporary banning order' while they decide how the drugs should be classified. Whatever you are taking may be legal now, but could quickly become illegal. A list of banned substances can be found at: www.gov.uk/penalties-drug-possession-dealing

It is not illegal to sell or purchase Legal Highs. Possession of substances under a Temporary Banning Order isn't illegal either, but producing or supplying them can lead to 14 years in prison and/or an unlimited fine.



What Is A Legal High?

'Legal Highs' can be pharmaceutical research substances, but many are sold as bath crystals, plant food or pot pourri, none of which are for human consumption, as the packets will tell you.

Only the manufacturers themselves know what ingredients are in each packet, and these can differ with every batch.

New Psychoactive Substances, to give them their official title, are designed for specific purposes, namely research, or to put in your bath! Many of these substances are manufactured overseas and are banned in the UK.

Legal Doesn't = Safe

Legal Highs generally come under one of four categories: stimulants, synthetic cannabinoids, downers or hallucinogens. They are chemically engineered to mimic the effects of more traditional drugs such as cocaine, cannabis and ecstasy. Some are as harmful as any of the illegal drugs available, some may be less so. The truth is that you don't know what you are taking unless it has been analysed. When tested, almost a quarter of the products being sold contained other substances including illegal drugs, or were mostly made up of caffeine. The biggest danger is that you do not know what you are buying.

There is no one way of taking Legal Highs, though snorting and ingesting are common practices. Most are powders or pellets. However, some of the synthetic substances are made to resemble cannabis to make them look natural / herbal.

Side effects can include:

- Death
- Overdose
- High blood pressure
- Depression
- Dehydration
- Insomnia
- Loss of libido
- Paranoia
- Erratic behaviour
- Anxiety
- Psychosis
- Memory loss

If You're Going To Use Them:

- Dose carefully, start low go slow!
- Measure your amounts to control the doses. Use scales and don't just guess.
- Try a test dose (a small dab with your pinky) and wait at least 2 hours before re-dosing to ensure there are no bad effects
- Around 1 in 5 products claiming to be legal actually contain illegal stuff, so be careful of what you are buying and treat every packet as if it is a brand new substance
- Don't mix with other drugs or alcohol as this can increase your chances of overdose and cardiac trouble.

What To Do In An Emergency

Both legal and illegal drugs can kill people. If someone is unconscious:

1. Call 999 for an ambulance
2. Put them in the recovery position
3. Tell the ambulance crew what they have been taking and how much (if you know). Be honest with them and give them any packaging that you may have

Further advice:

If someone you are with starts to panic, take them to a quiet place where you can sit with them and reassure them they'll be OK. Get them to breathe deeply & slowly. Don't leave them alone and get someone else to get help. Try not to let them fall asleep or lose consciousness.

START LOW. GO SLOW.