

Harm Reduction Advice For Users...

- ◆ Spice is not the same as weed, a fraction of what you would use in a cannabis spliff will get you high.
- ◆ Start with a sprinkle smaller than the size of a match head... → ●
- ◆ Spice has got stronger since the psychoactive substances act.
- ◆ You can always smoke more but you can't smoke less.
- ◆ Wait! It can take up to 60 mins to take full effect.
- ◆ Don't smoke in pipes or bongs, it's much harder to control the dose.
- ◆ SHAKE THE BAG!! The Chemicals fall to the bottom of the bag making the strength vary throughout.
- ◆ Use a longer roach than you normally would if smoking weed.
- ◆ Using with other drugs, cannabis, alcohol or stimulants can cause heart problems.
- ◆ It can also increase anxiety and paranoia.
- ◆ Use in a safe environment with people you trust.
- ◆ Users with heart, circulatory or blood pressure problems should avoid the use of synthetic cannabis as they may be more susceptible to heart attacks...

Useful Contacts:

WEDINOS: Free substance testing service. Packs can be obtained online or from substance misuse services and sent off through substance misuse services and police stations.

<http://www.wedinos.org/index.html>

Entry to Drug and Alcohol services: (EDAS) Provides assessments, information and advice, and can refer into treatment and support services.

0300 300 7000 and press **option 2.**

Tearing Your Hair Out: Support for family members 02920 259154

www.tyho.co.uk

Emotional Wellbeing Service: provides early-intervention and preventative service for under 18s across Cardiff and the Vale of Glamorgan.

Utilising therapeutic groups and one-to-one support, the Emotional Wellbeing Service promotes positive wellbeing that strengthen emotional resilience and regulation, including support for young people engaging in risk-taking behaviours. This free and confidential service can address:

- Mental health and emotional wellbeing
- Drugs and alcohol
- Self-harm

Freephone 0800 008 6879

www.emotionalwellbeingservice.org.uk

ASFA Carduf: A voice for anybody receiving treatment for drugs and/or alcohol. This can include people contemplating starting treatment and those accessing needle exchange. The meetings are held at The Wallich on Cathedral Rd on the 1st Thursday and 3rd Friday of every month and start at 1pm. Find out more at www.asfa.cymru



Synthetic Cannabinoids:

Harm Reduction Advice...



What are Synthetic Cannabinoids?

'Spice', 'Mamba' and 'Spizzy' are just a few of the 'brand' names used when referring to **Synthetic Cannabinoids**. They link back to before the New Psychoactive substances act, when you could freely buy synthetics in colourful packages. This has led to users believing that different 'brands' contain varying strengths of the drug.

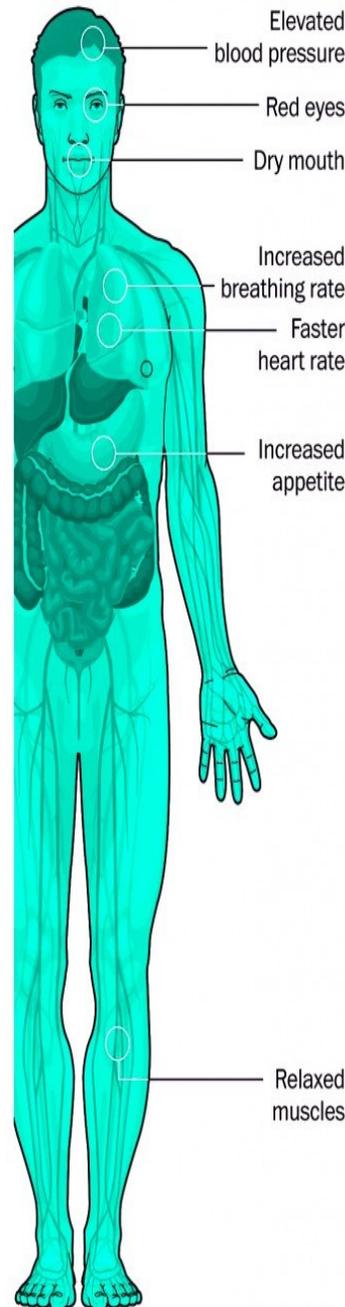
In truth, **Synthetic Cannabinoids** is a blanket term covering a family of psychoactive substances called:

Selective Cannabinoid Receptor Agonists.

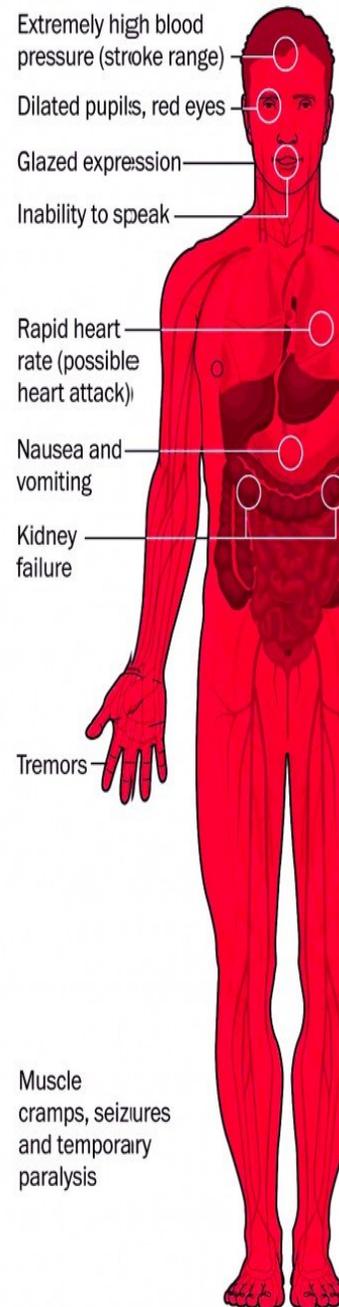
Like traditional cannabis **SCRAs** effect the brains cannabinoid receptors, except while cannabis gives them a gentle tickle **SCRAs** grab them in a vice like grip. The effects of **SCRAs** are extremely unpredictable, in part due to the fact you never know what chemical or analogue you are dealing with, and also because the dosage itself varies massively.

This booklet will offer harm-reduction advice and information on dealing with some of the adverse effects of 'Spice' use.

MARIJUANA PHYSICAL EFFECTS



SYNTHETIC CANNABINOIDS PHYSICAL EFFECTS



Dealing With The Negative Effects:

The effects of Spice vary massively from person to person, and between the chemicals. This makes it difficult to have a specific structured approach to dealing with adverse reactions. As such the best thing you can do is treat the symptoms as they present:

ALWAYS CALL 999 WHEN ADVERSE REACTIONS OCCURE!!

Excessive Vomiting: This indicates an overdose. The body is trying to remove the chemicals but as the substance is smoked it will not work. Avoid giving the user fluids as this will encourage more vomiting which can put to much pressure on the heart.

Hyperventilating: Use breathing coaching techniques. In a calm voice ask the user to copy you breathing in slowly through your nose and out through your mouth.

Fits and Seizures: Try to make the user as safe as possible. Move any objects they could harm themselves on, if possible move them to a safe location.

Hallucinations: Reassure the user that they are safe, that nothing can harm them and that they'll feel better soon, even if they appear unable to hear you.

Loss of Motor skills: Again reassure them and try to get them somewhere safe, preferably sat down to avoid face planting the floor.

