

DRUG EFFECTS...

WHY IS MIXING DRUGS DANGEROUS?

Mixing drugs increases the chance of having a bad time. It is the number one cause of overdose. The effects of each drug might be stronger, the drugs might interact in an unexpected way or one drug may stop your body from working properly.

Mixing cannabis and alcohol

Mixing pot with alcohol increases the risk of alcohol poisoning. Because pot reduces nausea, it can prevent the body from throwing up when it needs to get rid of the alcohol.

Mixing cocaine and alcohol

They produce a highly toxic substance in the body that may increase the chance of heart attack and stays in the body longer than cocaine alone.

Mixing an upper (e.g. ecstasy, speed) and alcohol

These both put pressure on the heart. They have opposite effects and that might mean that someone takes more alcohol or uppers; this may increase the risk of heart attack.

Mixing uppers with uppers

Sometimes the effects of uppers don't kick in right away so people may take something else too quickly. This can cause overdose and could put a serious strain on the heart.

Mixing ecstasy and cannabis

Sometimes people use pot to take the edge off an ecstasy trip. Instead of calming, it may cause more anxiety and paranoia.



Adapted from www.talkfrank.com/faq/why-mixing-drugs-dangerous, 2011

Rx PRESCRIPTION

NAME _____ AGE _____
ADDRESS _____ DATE _____

Prescription drugs can be harmful when they are not being used for their intended purpose. It can be hard to know what class of drugs you are taking (upper, downer, or both) and what dose will give you a desired effect vs. an unwanted effect. This makes it harder to stay safe. If using prescription drugs, start with a small dose and avoid mixing with other substances to reduce risk. Don't be afraid to ask questions or get information before using.

If taking medication prescribed to you, talk to your health care provider or pharmacist about the effects of using other substances while taking the meds.

REFILL 0 1 2 4 5 PRN Health

EVERY DRUG AFFECTS EVERYONE'S MIND AND BODY DIFFERENTLY

Things that influence how a drug may affect you are:

- How fast/how much you take
- How strong the drug is
- What other drugs are in your system
- How it gets into your body (eating, smoking, sniffing or injecting)
- How much you weigh
- How old you are
- Your tolerance
- Your mood and emotions
- Your environment and the people around you

For more info on substance use and addiction check out **Addictions Foundation Manitoba** @ www.afm.ca or 1.866.638.2561

If you are in crisis or you are having thoughts of suicide you can call the **Klinik Crisis Line** @ 1.888.322.3019

DOWNERS

Alcohol, pain-killers, heroin, rohypnol, sleeping pills and anti-anxiety medications.

Why do people use?

For fun, to slow down the body, to reduce tension, anxiety and aggression, numb pain (emotional or physical), create a feeling of calm, to lower inhibitions.

What are some of the risks?

Impairs judgement, mood changes, overdose including slurred speech, vomiting, passing out, coma or death. Drinking alcohol while pregnant can lead to fetal alcohol syndrome.

Partying Safer

Plan a safe way home (know the bus route, have a secret cab fare stash, designated driver etc) or find a safe place to pass out, watch your drink at all times, drink lots of water, don't put drugs in peoples drinks, eat food before using, use a buddy system, know the recovery position, know your limits and pace yourself. During a pregnancy, avoid or reduce drinking as much as possible.

CANNABIS

Weed, marijuana, kush, hash, oil, pot, bud, grass.

Why do people use?

To feel relaxed, confident, a sense of well-being and a slowed sense of time.

What are some of the risks?

Some people can experience panic, anxiety and paranoia. It can lead to short and long term memory problems and when smoked, it can lead to lung problems.

Partying Safer

Eat or vaporize instead of smoking. If eating, pace yourself because the effects can take longer to show up and are generally stronger. If possible, wait until you're older to use weed as it will lower the chances of negatively effecting brain development.

teen talk

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Teen Talk is not a crisis service. If you need to talk, please call the Klinik Crisis Line at 204.786.8686 or toll-free at 1.888.322.3019

UPPERS

Cocaine, crack, nicotine, caffeine, energy drinks, amphetamines (speed), crystal meth, and Ritalin.

Why do people use?

For fun, to feel alert, happy or "high", excited, for coping and increased tolerance to pain.

What are some of the risks?

There's a crash at some point (feeling depressed, upset, mad, or really tired). This can make a person want to use more, which is what can make uppers so addictive. There is also a risk of overdose, nausea, headaches, racing heart, anxiety, mood swings, paranoia, severe depression and violent behaviour.

Partying Safer

Start with a low dose to see how your body responds, use a buddy system, take breaks between use, know your dealer and don't share equipment such as straws, bills, injection needles, water etc to reduce the risk of Hepatitis C or HIV transmission. Rotate spots on your body that you inject and use new needles every time. You can get new drug works from Street Connections.

HALLUCINOGENS

Magic mushrooms, LSD (acid), ecstasy/MDMA, mescaline, ayahuasca, peyote and salvia. Inhalants are also in this category.

Why do people use?

For the experience, feelings of openness, increased energy, and hallucinations. Inhalants can make a person feel euphoric, light-headed or dizzy, and lose inhibitions.

What are some of the risks?

Bad trips (fear, panic, terror), upset stomach, confusion (which can lead to accidental injury and death), dehydration, teeth grinding, jaw clenching, increased heart rate and body temperature, anxiety and paranoia. Inhalants can be unpredictable and there's a risk of brain damage or sudden sniffing death.

Partying Safer

Know your mood, be in an environment and with people you're comfortable with, If having a bad trip go to a quiet place or find a person that can "talk you down." Drink lots of water. Use inhalants in an open space and don't spray directly into your mouth.