



HOW IS IT USED?

Ketamine can be used in various ways which all impact the onset (how long it takes to feel the effects) and the duration (how long the effects last).

SNORTED



Onset:
5-15 mins
Duration:
45-60 mins



ORAL

Onset:
15-25 mins
Duration:
1-2 hours



INJECTED

Onset:
1-5 mins
Duration:
1-2 hours



WHAT IS IT?

Ketamine is a dissociative anaesthetic medication that affects the central nervous system. It can be used medically or taken illegally for its hallucinogenic effects.

- In low doses, users report a similar feeling to being drunk.
- Higher doses cause a much more dissociative or psychedelic effect.
- When used as a medicine, ketamine is a clear liquid.
- "Street" ketamine is usually a white crystalline powder with a grainy appearance like salt or tiny shards of glass.



SHORT-TERM RISKS

- Dizziness, nausea, vomiting
- Confusion, blurred vision
- Loss of coordination
- Panic attacks or anxiety
- Increased heart rate and blood pressure
- K-hole: At high doses, you can go into a 'k-hole' which is a dissociative state where you feel detached from your body and surroundings, unable to move or speak. It can be frightening and unpredictable.



LONG-TERM RISKS

- Memory problems and poor concentration
- Mental health problems like depression
- Damage to bladder and urinary tract (known as ket bladder) which can cause pain when urinating, increased urinary frequency and urgency, blood in urine, pain and cramps (known as k-cramps).
- Dependence and tolerance



WHAT DOES IT LOOK LIKE?

Ketamine can come in various forms and colours and this can also be impacted by purity.



Crystal



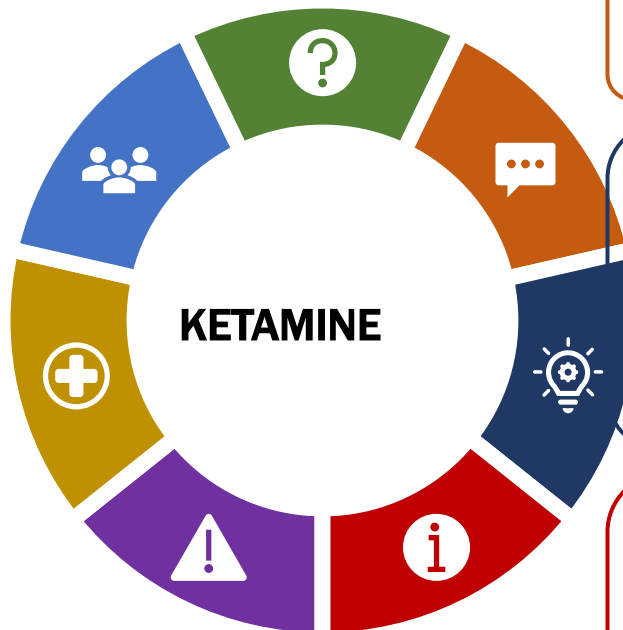
Crystalline powder



IV/IM liquid



Tablets



SLANG WORDS

K, Special K, Kit Kat, Super K, Vitamin K, Cat Valium, Green, Purple, Ket, Ketaset.



FACTS

- Ketamine was originally synthesised as an anaesthetic humans and animals and is still classed as an essential medicine by the WHO.
- Ketamine is not an opioid, but it can be addictive.
- The strength and purity of "street" ketamine can vary and is often adulterated with other harmful substances.
- Using ketamine with other drugs increases the risk of harm, especially with depressants like alcohol.



HARM REDUCTION ADVICE

- Use the lowest amount possible.
- Don't mix with alcohol or other drugs.
- Stay hydrated and take regular breaks.
- Make sure someone you trust knows where you are.
- Seek medical help if you feel unwell.
- Do not share snorting tools like straws - avoid using bank notes.
- Test your ketamine.
- Go low, go slow.

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HOW IS IT USED?

Cannabis can be used in various ways which all impact the onset (how long it takes to feel the effects) and the duration (how long the effects last).

SMOKED



Onset:
2-10 mins
Duration:
2-8 hours



EATING

Onset:
20-120 mins
Duration:
3-9 hours



VAPORISED

Onset:
2-10 mins
Duration:
2-8 hours



WHAT IS IT?

Cannabis is the most commonly used recreational drug in the world. Fundamentally, cannabis is a plant comprised of many chemicals, the main ones being THC and CBD. Whilst CBD is legal, THC is a Class B drug and induces psychoactive effects on the user.

The cannabis plant comes in a variety of strains comprising different levels of THC, CBD, and other chemicals and terpenes which result in different intensities and feelings. Whilst it is primarily smoked, it can be used in different ways.



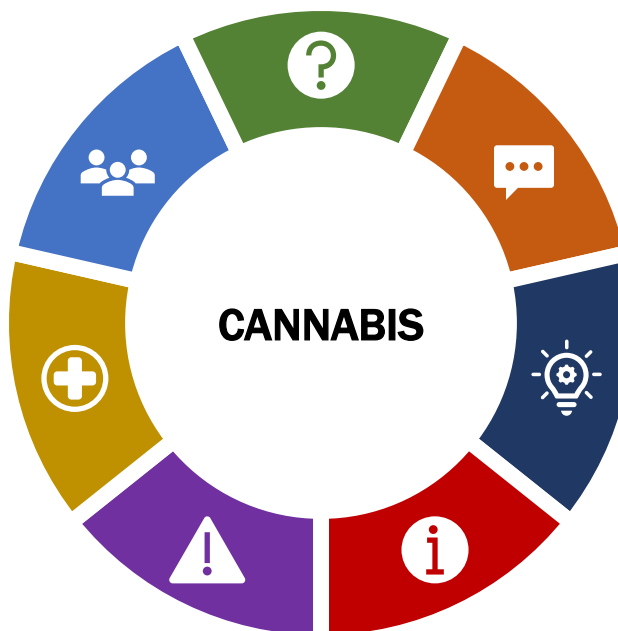
SHORT-TERM RISKS

- Tiredness, fatigue, loss of balance and coordination
- Nausea, vomiting
- Anxiety, panic attacks, paranoia
- Sweating, dizziness, dry eyes and mouth
- Slurred speech
- Impaired motor function
- Increased heart rate
- Increased or decreased blood pressure
- Reduced risk perception



LONG-TERM RISKS

- Addiction, dependence
- Demotivation, reduced dopamine levels
- Difficulty retaining information, memory loss
- Difficulty learning
- Depression, anxiety
- Intensification of existing mental health issues
- Challenges with breathing, coughing



SLANG WORDS

Weed, loud, Cali, ami, bud, marijuana, kush, pot, skunk, zoot, spliff, blunt, grass.



FACTS

- There's a common myth that you can't become addicted to cannabis. In fact, anybody can become addicted to it and even form psychological dependencies that may result in withdrawal effects.
- There is evidence that cannabis can, in some cases, induce episodes of psychosis. This is much more likely to happen if you have a history (or family history) of schizophrenia or psychosis.
- Cannabis is often sold in "cali packs" which hold 3.5g.



HARM REDUCTION ADVICE

- Use less or no tobacco in your zoots
- Stay hydrated
- Do not rely on cannabis to help with sleep, mental health, or appetite
- Avoid using if you use first-generation anti-histamines
- Set limits and stick to them
- Take regular breaks, consider a longer tolerance break
- Test your cannabis using services like WEDINOS



WHAT DOES IT LOOK LIKE?

Cannabis can come in various forms depending on how it's intended to be used.



Herbal cannabis



Cal packs



THC vape



Edibles

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HOW IS IT USED?

Alcohol exists in various mediums such as beers, wines, and spirits. Spirits may be consumed on their own, served over ice, or taken as a shot. Some people also choose to mix spirits with soft drinks, juices, or other ingredients to create mixed drinks or cocktails.

Onset: 15-30 mins **Duration:** 1.5-3 hours

Units (average): BuzzBallz (2.7), 1 shot of vodka (~1), pint of beer or cider (~2.7), glass of wine (~2.2)



WHAT IS IT?

Alcohol is produced through a natural process called fermentation. Yeast feeds on the natural sugars found in grains, fruits, or vegetables, converting them into ethanol and carbon dioxide.

Alcohol is classified as a central nervous system depressant. This means it slows down brain activity and communication between nerve cells.

Alcohol is measured by Alcohol by Volume (ABV), which indicates the percentage of pure ethanol in the total liquid.



SHORT-TERM RISKS

- Decreased Coordination
- Blurred/ Distorted vision
- Dehydration
- Slurred speech
- Increased self confidence
- Impulsivity
- Dizziness and Confusion
- High doses of alcohol can cause black outs and memory loss



LONG-TERM RISKS

- Damage to the liver causing liver disease and cirrhosis
- If used whilst pregnant. can cause foetal alcohol spectrum disorder
- Increase risk of cancer (liver, throat, colon, breast)
- Poor mental health
- Cancer
- Nerve Damage
- Addiction and Dependency



SLANG WORDS

Booze, bevvvy, liquor, spirits, wine, beer, cocktails, alcopops, shots, jungle juice



FACTS

- Alcohol is the most commonly used recreational drug in the world due to its legal status.
- To keep the risk of harm from alcohol low, men and women are advised not to drink more than 14 units a week. There are no safe limits for young people under 18.
- Mixing alcohol with other drugs increases the risk of harm especially Cocaine – this creates cocaethylene and stays in the body much longer, increasing damage to the heart and liver.



HARM REDUCTION ADVICE

- Drink non-alcoholic drinks between alcoholic drinks
- Always use a mixer
- Eat a meal at least 2 hours before drinking alcohol
- Always measure spirits
- Do not drink alone
- Set yourself limits
- Have a plan to get home
- Do not use other drugs when drinking



WHAT DOES IT LOOK LIKE?



Mixed Drinks



Spirits



Beer/Cider



Wine

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HOW IS IT USED?

MDMA can be used in various ways that all impact the onset (how long it takes to feel the effects) and the duration (how long the effects last).

ORAL

Onset:

20-60 mins

Duration:

3-6 hours



SNORTED

Onset:

20-30 mins

Duration:

3-5 mins



WHAT IS IT?

MDMA is a stimulant-hallucinogenic research chemical originally created in 1912

It is popular at raves and clubs and is often considered a 'party drug.'

MDMA is commonly sold in powder form, thought to be purer than pills ('ecstasy').

The contents of ecstasy pills are unpredictable and can be a combination of MDMA, caffeine, ketamine, MDA, methamphetamine, PMA, and many others.



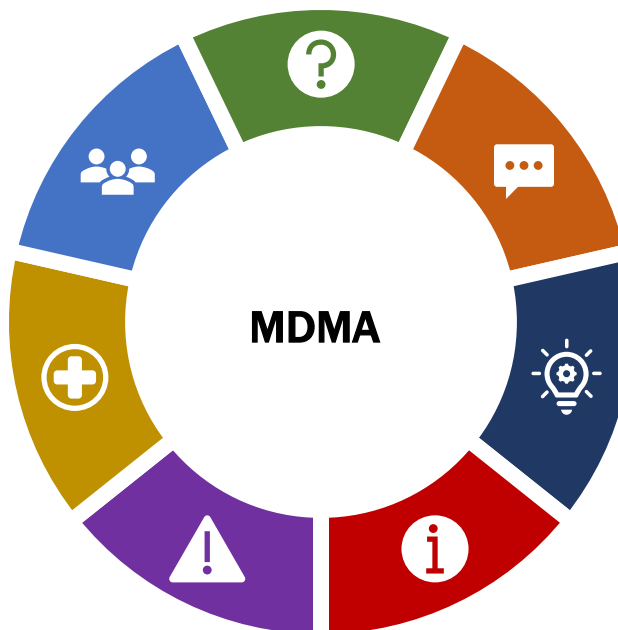
SHORT-TERM RISKS

- Sweating
- Rapid heart rate and breathing
- Hyperthermia
- Heat exhaustion
- Increased self confidence
- Increased energy
- Dehydration/Hyperhydration
- Teeth grinding
- Empathy



LONG-TERM RISKS

- Addiction, dependency
- Serotonin syndrome
- Increased aggression
- Impulsive behaviours
- Poor mental health, forgetfulness
- Disrupted sleep, fatigue
- Decreased appetite



SLANG WORDS

Pingers, ping, E, Mandy, Molly, ecstasy

They can also be referred to by the logo or brand name on the pill (e.g., Blue Punishers, Bitcoin, G-Wagons, etc.)



FACTS

- Ecstasy is often in tablet or capsule form, and distributors often use brand names or logos (e.g., four-leaf clovers, butterflies, lightning bolt)
- Due to the impact it has on the brain and body, it is recommended to take a 3-month break after using MDMA/Ecstasy.
- Other drugs, such as MDA and PMA, are very similar to MDMA/Ecstasy and can be sold as such; however, they are much more powerful.



HARM REDUCTION ADVICE

- Test your pills/powder, as it can include adulterants
- Avoid using other substances at the same time, as this can be dangerous
- Drink water (but not too much). Stick to 500 ml per hour.
- Using chewing gum
- Beware of the symptoms of overdose and serotonin syndrome.



WHAT DOES IT LOOK LIKE?

MDMA can come in various forms depending on how it's intended to be used. Ecstasy pills will have different logos and designs.



Pills (Blue Punishers)



Pills (assorted)



Crystal form

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HOW IS IT USED?

Cocaine can be used in various ways which all impact the onset (how long it takes to feel the effects) and the duration (how long the effects last).



SNORTED

Onset:
3-5 mins
Duration:
10-20 mins



GUMMING

Onset:
3-5 mins
Duration:
10-20 mins



SMOKING (CRACK)

Onset:
Immediate
Duration:
5-20 mins



WHAT IS IT?

Cocaine is a stimulant drug that comes from the coca plant which grows in South America. It's the second most consumed recreational drug in the world, second to cannabis.

Cocaine is associated with feelings of euphoria and increased energy, however it carries high physiological risks and is highly addictive.

Cocaine is notorious for often being adulterated with other substances which can increase the risk to users, especially if they are not expecting it.



SHORT-TERM RISKS

- Hypersensitivity to sights, sounds, and touch
- Overconfidence and risk-taking behaviour
- Decreased appetite
- Insomnia
- Aggressive behaviour
- Restlessness and irritability
- Anxiety and tremors
- Overdose
- Adulteration



LONG-TERM RISKS

- Addiction, dependence, overdose
- Infection
- Blood-borne viruses
- Damage to sinus tissue, ulcers, abscesses
- Necrosis to nasal tissue
- Cardiac inflammation, stroke, aortic tears
- Worsening of mental health conditions



SLANG WORDS

Coke, sniff, Charlie, snow, ticket, t, blow, lines.
For crack cocaine: crack, rocks, freebase, pebbles.



FACTS

- When taken together, your liver metabolises alcohol and cocaine to create cocaethylene which causes increased harm to your heart and liver and increases the risk of sudden death.
- Cocaine typically costs about £80 per gram.
- Due to the effect cocaine has on your heart, there are increased risks when combining with most other drugs, including prescription medications. Especially if they are also stimulants.



HARM REDUCTION ADVICE

- Test your cocaine using re-agent kits or anonymous services like WEDINOS
- Rinse your nose out using saline after every use
- If snorting, alternate the nostril you use each time to maximise healing time
- Go low, go slow
- Avoid using alongside other drugs, especially alcohol
- If snorting, use a clean straw and do not share this with others



WHAT DOES IT LOOK LIKE?

Cocaine can come in various forms depending on how it's intended to be used.



Powder cocaine



Crack cocaine



Crack pipe

Crack cocaine is the freebase form of cocaine. It is used by smoking it using a pipe, often called a "crack pipe". Effects are often more intense, those shorter lasting. It gets its name from the crackling noise it makes when it's smoked.



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HOW IS IT USED?

LSD is a liquid that is usually heavily diluted and sold on blotting paper in various doses. These blotting papers are perforated into tabs. It is always taken orally.



ORAL

Onset:

30-50 mins

Duration:

9-14 hours



WHAT IS IT?

LSD stands for its chemical name, lysergic acid diethylamide, and is commonly called acid. It's a powerful psychedelic drug, which means you're likely to experience a distorted view of objects and reality if you take it. This kind of high is often called a 'trip'. When you take LSD, there's no way of knowing how you might feel or what kind of trip you're going to go on. Once taken there is nothing that can help get rid of the effects, though there are things you can do to prepare or influence whether a trip feels positive or negative.



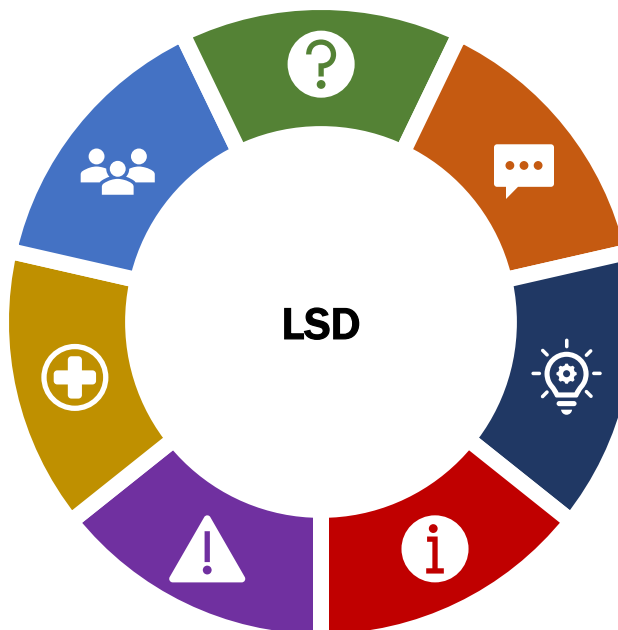
SHORT-TERM RISKS

- Intensified colours
- Perception of time travelling/time distortions
- Changes in consciousness
- Unexpected emotions
- Confusion
- Distortions and hallucinations (auditory and visual, even with closed eyes)



LONG-TERM RISKS

- Tolerance develops quickly for LSD compared to other recreational drugs.
- Flashbacks, can occasionally happen.
- Can trigger underlying mental health conditions.
- Hallucinogen Persistent Perception Disorder (HPPD) – a distressing non-psychotic disorder where people experience ongoing visual distortions even once the LSD has left their system.



SLANG WORDS

Acid, tab, Lucy, blotters, dots, tripper.



FACTS

- Lysergic acid diethylamide (LSD) is a psychedelic drug that was first synthesized in 1938.
- LSD feeds off your imagination so every person's experience is unique.
- Liquid LSD (often called liquid acid) has no taste at all. LSD tabs taste like the paper.
- LSD has a cross-tolerance with most other psychedelics (excluding DMT), meaning tolerance builds for all at the same time.



HARM REDUCTION ADVICE

- Always test your substances
- Start with a low dose – cut your tabs
- Think about where you plan to use it. It should be a familiar and safe place.
- Have a trip sitter, someone you trust
- Think about your mood and how you are feeling, before using



WHAT DOES IT LOOK LIKE?

In its pure form, it is a colourless, odourless liquid but is most commonly added to blotting paper



Tabs



Liquid

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HOW IS IT USED?

Solvents are inhaled into the nose or mouth. Depending on the solvent. They can be inhaled using different methods, for example NOS filled into a balloon, a rag soaked in the chemicals or sniffing directly from a container or cannister. The high lasts a short amount of time, usually only seconds to a couple of minutes. Used repeatedly will make the high last longer.



WHAT IS IT?

Solvent use is the deliberate inhalation of volatile chemicals for the purpose of getting intoxicated or 'high'. The fumes and gases inhaled are found in everyday products such as cigarette lighter refills and aerosols. Solvent use includes – gases, aerosols, nitrous oxide ('laughing gas'), poppers, petrol, glues, solvents and other volatile substances. When inhaled into the lungs, within seconds it reaches the brain.



RISKS

- Directly inhaling gases and solvents can trigger a form of fatal heart attack called 'Sudden Sniffing Death Syndrome'.
- Other risks include:
- Liver and kidney damage
- Danger of suffocation
- Risks of burns
- Choking
- Passing out.



RECOGNISING SOLVENT USE

The immediate symptoms of solvent use can appear a lot like alcohol use. They might include: Slurred speech, dilated pupils, euphoria/excitement, difficulty with coordination, feeling drowsy, dizzy or light-headed, feeling nauseated and not interested in eating, 'Drunken', withdrawn, irritable or inattentive behaviour and hallucinations and/or delusions.



WHAT DOES IT LOOK LIKE?

There are different kinds of solvents that can be accessed through different means. Some examples include:



Deodorant cans



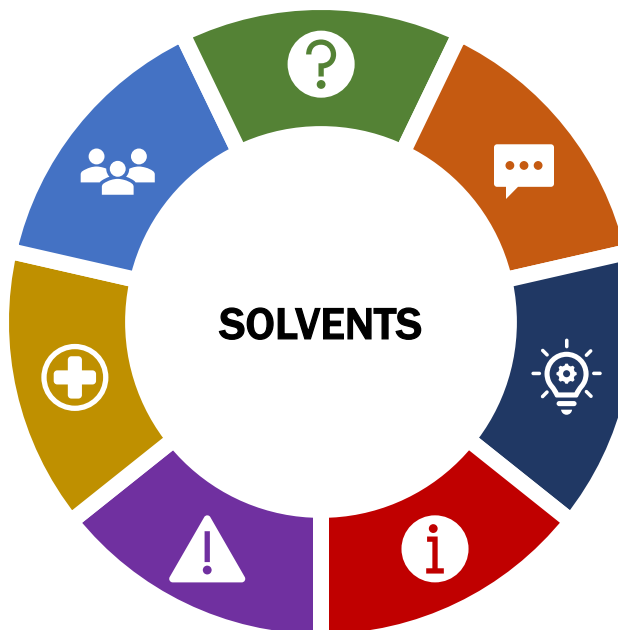
Butane Gas



Akyl Nitrate (poppers)



Petrol



SLANG WORDS

Huffing, chroming, sniffing or tooting.



FACTS

- Anyone experimenting with gases and solvents is at risk of sudden death. Death may occur at the first attempt or following many attempts – it can happen at any time.
- In England, 629 young people received treatment for solvent use between April 2022- March 2023, an increase of over 95% on the previous year.



HARM REDUCTION ADVICE

- There is no safe form of gas/inhalant but if you choose to do it, the following is recommended.:
- Do not use alone.
- Do not put a mask on or put a bag over your head.
- Don't smoke or light cigarettes (think flammable)
- Don't drink alcohol or use other drugs.
- Ensure you are in a safe environment

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HOW IS IT USED?

Benzos are most often taken orally as a tablet. Whilst they can be snorted, benzos don't absorb well through the sinus and so it doesn't result in a faster high.

ORAL

Onset:

15-90 mins

Duration:

5-24 hours



SNORTED

Onset:

15-90 mins

Duration:

5-24 hours



WHAT IS IT?

Benzos are a class of prescription drugs which usually come in the form of tablets. They are primarily used to treat anxiety and insomnia due to their depressant effect. Recreational users typically take benzos for their euphoric, relaxant and sedative effects.

Some of the most common Benzos are – Xanax, Valium, Klonopin, and Ativan.



SHORT-TERM RISKS

- Impaired judgement
- Decreased motor control
- Dizziness
- Blurred Vision
- Loss of consciousness
- Drowsiness
- Slurred speech
- Muscle weakness



LONG-TERM RISKS

- Overdose
- Addiction
- Dependence
- Mental health struggles
- Seizures
- Memory problems
- Difficulty learning
- Panic attacks
- Anxiety



SLANG WORDS

Benzos, z-bars, downers, tranks.



FACTS

- Some people may be prescribed a type of benzodiazepine, while other types are only available illicitly (sometimes called 'street benzos').
- Street benzos often contain several different drugs, which can increase the risk of overdose.



HARM REDUCTION ADVICE

- Testing the substances before using
- Start low, go slow
- Set yourself a limit, and stick to it; avoid taking regularly
- Don't mix with other substances; especially depressants.
- Avoid driving
- Don't use alone
- Consider set and setting
- Never stop abruptly if you use them regularly



WHAT DOES IT LOOK LIKE?

Benzos can look different depending on which ones you are given; they are all generally in pill form.



Xanax



Valium

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HOW IS IT USED?

Lean is a drink that contains codeine, promethazine, a soft drink and sometimes sweets; it is only taken orally.

ORAL
Onset:
30-60 mins
Duration:
Up to 6 hours



WHAT IS IT?

Lean is a drink typically made from a cocktail of substances including; codeine, promethazine, but can also contain paracetamol and dextromethorphan. Codeine is an opioid which is a highly addictive substance.

Soft drinks and sweets are often added into the drink for flavour.



SHORT-TERM RISKS

- Blurred vision
- Drowsiness
- Nausea
- Dizzy/unsteady on your feet
- Shallow breathing
- Restlessness
- Raised heart rate and temperature
- Lack of control over your movements



LONG-TERM RISKS

- Overdose
- Addiction
- Seizures
- Organ damage
- Slows down brain activity
- Slows down the nervous system
- Hallucinations
- Unconsciousness
- Declining mental health



SLANG WORDS

Purple drank.



FACTS

- The exact formula of lean varies, but users typically mix soda or other sweet ingredients with cough syrup that contains codeine, which is an opioid.
- Opioids are a class of drugs that act on the nervous system to relieve pain and can be highly addictive.
- Lean is commonly referenced in modern rap music.



HARM REDUCTION ADVICE

- Carry Nyxoid or Naloxone and learn how to use it
- Start low, and go slow
- Don't mix with other substances – including prescription medications and alcohol
- Consider set and setting – how are you feeling? Are you somewhere safe?
- Remember that lean can make you sleepy – stay somewhere safe.



WHAT DOES IT LOOK LIKE?



Lean



The components of lean



Lean

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HOW IS IT USED?

Nitrous oxide is a gas which is inhaled through the mouth. Recreationally, this will be done via balloon as the gas is very cold.



INHALED

Onset:
Instantly
Duration:
30-60 secs



WHAT IS IT?

Nitrous oxide is a colourless gas and an anaesthetic; usually found in pressurised cannisters. It is commonly used in medical and culinary settings, but is prohibited for recreational use and recognised as a class c substance.

When nitrous oxide is discharged from it's canister, the gas expands and rapidly drops in temperature to as low as -50 degrees celsius.



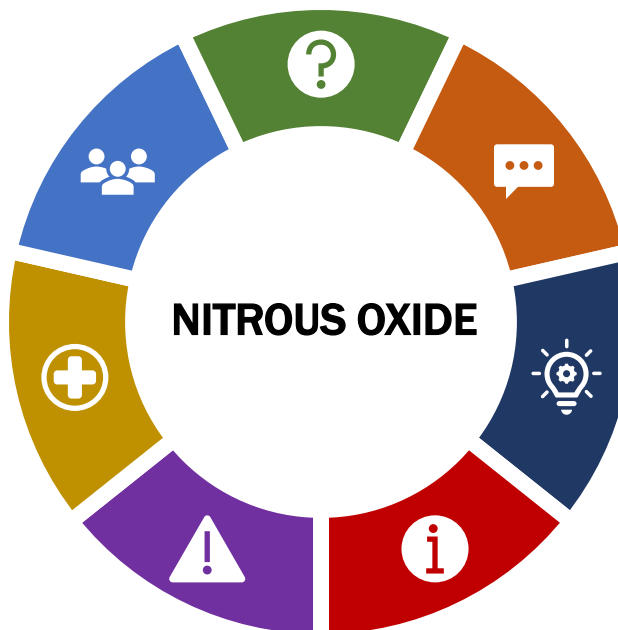
SHORT-TERM RISKS

- Headaches
- Dizziness
- Hallucinations
- Losing consciousness
- Falling over
- Anxiety
- Paranoia
- Difficulty breathing



LONG-TERM RISKS

- Nerve damage
- Loss of feeling in hands and feet
- B12 Deficiency
- Numbness and tingling
- Dependency
- Damage to throat and mouth
- Anaemia (low iron)
- Lack of oxygen to the brain can lead to organ damage



SLANG WORDS

Nos, whip, balloons, laughing gas, Smartwhip, Fast Gas, Galaxy Gas, whippets, Whip-its



FACTS

- When pure nitrous oxide is inhaled, the gas displaces oxygen in the lungs, temporarily preventing much or any oxygen from reaching the blood. This may cause the heart to beat faster, and limbs to feel tingly or heavy. The gas rapidly dissolves into the blood and reaches the brain in seconds.
- As of 2023, nitrous oxide is illegal to use recreationally in the UK and is a class c substance. It is still used in both culinary and medical settings.



HARM REDUCTION ADVICE

- Always use a balloon, don't inhale directly from the cannister.
- Don't take too big of a breath in and out, as you can suffocate. Take breaks
- Don't put a bag over your head, or use in confined spaces
- Stay low, go slow
- Ensure you in a safe environment, with safe/trusted people
- Do not mix with other substances



WHAT DOES IT LOOK LIKE?



Small nitrous oxide charger



Larger nitrous oxide canister

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