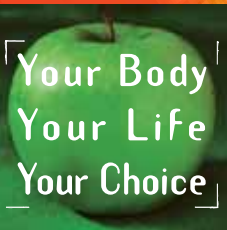


What do you know  
about drugs?



# What do you know about drugs?



If you have any worries  
or questions about **drugs**,  
there **is** someone there  
to talk to you.

For **free** information and advice, call  
the National Drugs Helpline. You **won't**  
have to give your name.

**0800776600**

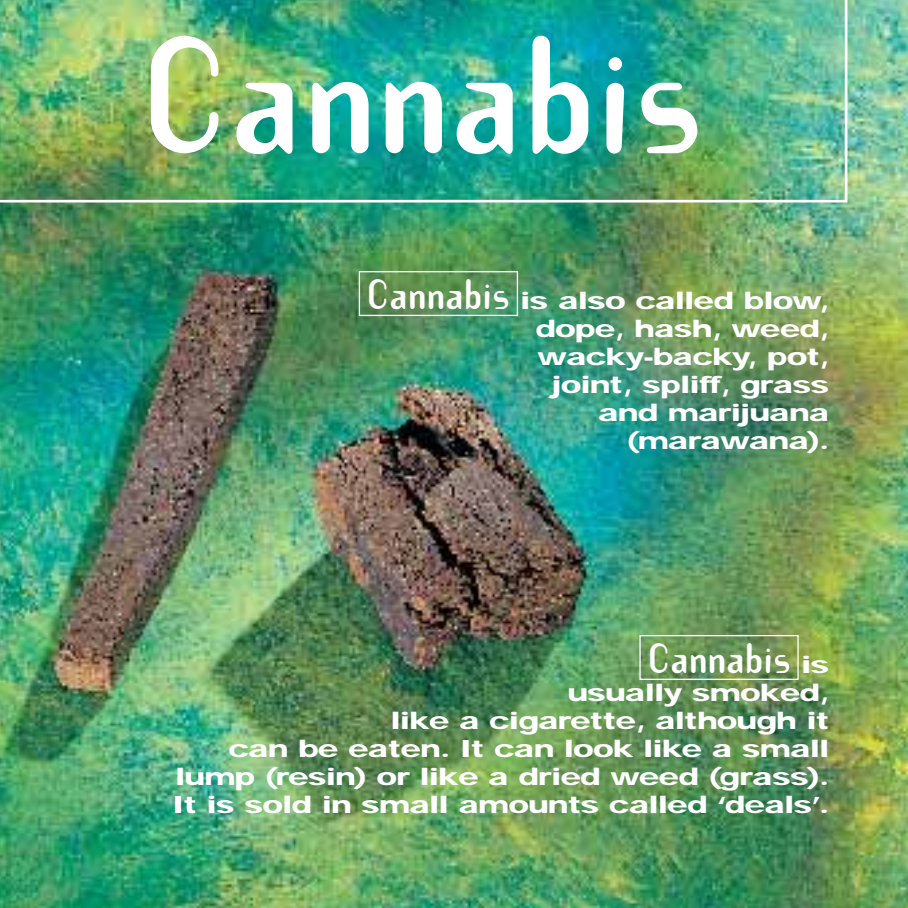
Internet: [www.hpadrugsfacts.org](http://www.hpadrugsfacts.org)



[ Are You  
Tempted? ]

Don't you think  
you should know  
the facts first?...

# Cannabis



**Cannabis** is also called blow, dope, hash, weed, wacky-backy, pot, joint, spliff, grass and marijuana (marawana).

**Cannabis** is usually smoked, like a cigarette, although it can be eaten. It can look like a small lump (resin) or like a dried weed (grass). It is sold in small amounts called 'deals'.



**Cannabis** can sometimes make you feel relaxed and can make you want to talk a lot. It might make you start to laugh.

**Cannabis** can also make you feel scared, sick, forgetful and do real harm to your throat and lungs. Some people end up not being able to stop using it.

**LSD** is also called acid, tabs, trips or may be named after the logo pictured.

**LSD** usually comes on little paper squares (tabs) with bright pictures on them.

**LSD** tabs are taken by putting them in the mouth.

**LSD** can make you feel, hear and see things that aren't really there. This is called 'taking a trip'.



# LSD, Acid, Tabs



This is the actual size of an **LSD** tab.

**LSD** can make you feel happy, but you can also start seeing horrible things like in a nightmare. Once you've started the trip, you can't stop it. Some people never recover from the experience of 'having a trip'.

**LSD** can also make you feel confused and very scared. Some people have serious accidents while they're 'having a trip'.

**Magic Mushrooms**, like **LSD**, can also cause many problems. A lot of wild mushrooms are also poisonous and can make people very sick.



# Ecstasy




This is the actual size of an **Ecstasy** tablet.

**Ecstasy** is also called E, or named after the logo pictured.




**Ecstasy** comes as a little white, brown, pink or yellow tablet or a capsule.

**Ecstasy** can make you feel happy and full of energy, but it can also make you feel scared, confused and very, very ill.



**Ecstasy** can damage  
your body by poisoning  
bits inside, like your  
liver.



**Ecstasy** can make your body  
very hot when you dance  
which can lead to really  
bad problems including  
coma and death.

**Solvents** are aerosols,  
glue and tins of gas.


**Solvents** can make  
you feel 'drunk' but  
are very dangerous  
and can lead to  
death.

1 out of every 4  
people who die  
sniffing solvents  
are first time  
'sniffers'.



# Solvents

The image features a purple and blue gradient background. In the foreground, there is a close-up of a glass beaker with a black stopper. The stopper is partially removed, revealing a blue, crystalline substance inside. To the right, another glass beaker with a black stopper is visible, slightly out of focus. In the background, a pipette with a black stopper is also visible, further out of focus. The overall scene suggests a laboratory setting related to chemistry or materials science.



**Poppers** come in little bottles, are usually held under your nose and can make you feel 'high' for about 5 minutes.

**Poppers** can lead to fainting and breathing problems and are also very dangerous for people with heart problems.



# Poppers

Poppers bottles are only 5½cms tall.

# Speed

**Speed** is also called whizz, uppers and amphetamines.

**Speed** is a white powder and comes in 'wraps' and sometimes capsules.

**Speed** can make you feel wide awake and sure of yourself. But it can also make you feel scared, very tired, fed up and not able to sleep. People often find that they are unable to stop using this drug.



**Cocaine** is also called coke,  
white, snow and charlie.

# Cocaine & Crack

**Cocaine** is a white  
powder and  
crack is a  
small white  
crystal.



**Cocaine**  
can make  
you feel wide  
awake but can  
also make you feel  
tired, scared, unable to sleep  
and cause damage to your  
chest and nose.

People often find that they are  
unable to stop using this drug.

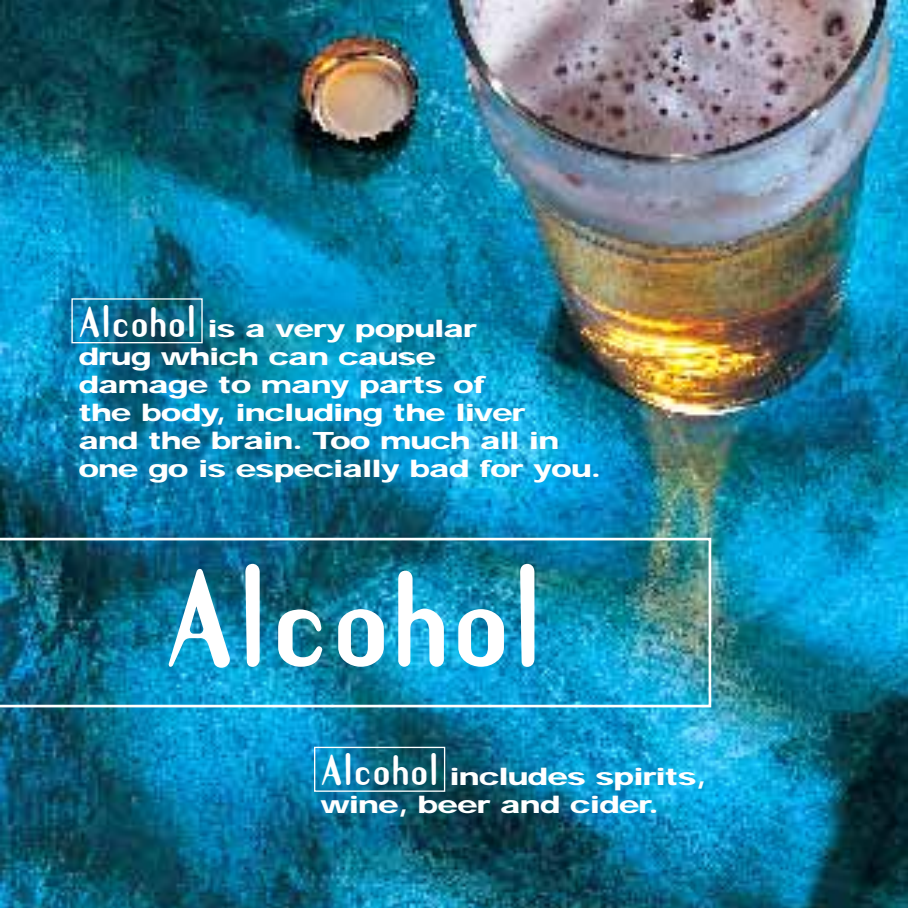
**Heroin** is a powdered drug which can make you feel drowsy, and can cause serious illness and sometimes death. It is also called smack, H, brown, gear and skag

# Heroin

There is also the extra risk of getting liver disease (hepatitis) or HIV infection, which can lead to AIDS. People often find that they are unable to stop using this drug.

If you ever find a syringe, DON'T touch it.



A glass of beer with a thick head of foam and a golden body, next to a bottle cap, on a blue textured background.

**Alcohol** is a very popular drug which can cause damage to many parts of the body, including the liver and the brain. Too much all in one go is especially bad for you.

# Alcohol

**Alcohol** includes spirits, wine, beer and cider.

**Tobacco** (cigarettes and fags) can do damage to your heart and lungs and can cause cancer.

Because it affects your breathing, smoking can make it difficult to play sports. Smoking also makes your breath and clothes smell.

# Tobacco

**Tobacco** is the cause of the largest number of preventable deaths in Northern Ireland each year.



NORTHERN IRELAND

DRUGS AND ALCOHOL CAMPAIGN



**Health**  
Promotion  
Agency



[www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)