

NO LONGER LEGAL

Are You Prepared?



THE LAW – Psychoactive Substances Act 2016

- ◆ It **will be** illegal to sell, produce or offer to supply New Psychoactive Substances (NPS)
- ◆ Possession **will not** be illegal, unless you are in prison or are believed to be intending to supply
- ◆ Importing and buying online **will be** illegal
- ◆ Offences near schools or involving under 18's may have harsher penalties

WHAT DOES THIS MEAN?

- ◆ You won't be able to purchase 'legal highs' (NPS) at shops or online
- ◆ The price of substances through illegal routes is likely to rise
- ◆ Quality and content are likely to be worse
- ◆ Buying from a dealer could expose you to debt and criminality
- ◆ People who have been frequent users may suffer withdrawal symptoms – 'clucking'
- ◆ If police find you with substances they will probably be taken away

THE "CLUCK" - Spice Withdrawal

Lots of users report strong withdrawal symptoms or 'clucking' after even short periods without using Spice.

- ◆ Sweating/shaking
- ◆ Stomach pain
- ◆ Vomiting
- ◆ Sleeplessness/no energy
- ◆ Epilepsy like fits
- ◆ Paranoia/depression/psychosis

One of the most dangerous is frequent vomiting – NPS use has been linked to kidney failure.

WHAT TO DO

- ◆ If possible, cut down before giving up
- ◆ Drink lots of water
- ◆ Try rehydration salts ('Dioralyte')
- ◆ Buddy up – keep someone with you
- ◆ If you or someone else has a fit or sharp ongoing stomach pains, call 999
- ◆ Don't be afraid to tell paramedics what is happening

WHERE TO GO

In Surrey, there is a wide range of drug support and advice:

Catalyst: 01483 590 150 / Txt 07909 631 623

Catalyst NPS outreach: 07795 347 650
adam.davey@catalystsupport.org.uk

SDAC [Surrey Drug & Alcohol Care]
0808 802 500 24/7 confidential helpline

Catch 22 (11-21yr olds): 0800 622 6662

CGL: www.changegrowlive.org

FRANK: www.talktofrank.com

Angelus: www.angelusfoundation.org.uk

IN AN EMERGENCY CALL 999