

## Amphetamines

### AN INFORMATION LEAFLET FOR DRUG USERS

#### WHAT IS IT?

Amphetamines are drugs which speed up the way your body works. They make the heart work faster and pump adrenaline into the system. They were originally used during the First World War to give soldiers more energy and increased alertness. In the 1950's Amphetamines were used to treat depression and cause weight loss. However, due to the side effects, the majority of the brands were removed from the market.

The most common type of Amphetamine is a white powder. This is illegally made and of differing strengths.

Street Names include : Sulph, Whizz, Speed, Billy, Phet.

#### HOW IS IT USED?

Amphetamine can be sniffed (snorted), dabbed from the finger to the mouth (not very common) or injected.

#### SHORT-TERM EFFECTS

Amphetamine users have extra energy for 4-6 hours, its' use prevents sleep, reduces appetite, speeds up breathing and heart rate and widens the pupils. Users feel they have more energy, cheerful and confident. Because of these effects there is a huge risk of psychological dependence. Users sometimes feel a tingling sensation on the skin when touched.

Energy stores become depleted through lack of eating, sleeping and increased demands on their system. Users often feel tired and down for a few days after using, causing them to feel irritable, anxious and restless.

#### LONG-TERM EFFECTS

To get the desired effects users have to take increasing doses regularly. When users eventually stop they can feel depressed, tired and extremely hungry. Amphetamines simply put off the need for rest and food—they do not replace it. Heavy users also risk damaging blood vessels or bringing on heart failure.

Regular users who take high doses may develop delusions, hallucinations and feelings of paranoia. These can develop into cases of paranoid psychosis from which it may take many months to recover.

Overdose is a risk with Amphetamines, even leading to heart attacks. Injecting can lead to vein damage and disease. Ask to see our Safer Injecting and Hepatitis Leaflets.

#### DEPENDENCE

Long-term users of Amphetamines may become dependent on the “buzz” the drug gives them. Tolerance can develop which means the user needs more of the drug to obtain the same effect.

There can be severe psychological dependence. People can get to the stage where they feel they can no longer cope without using.

Users should avoid heavy prolonged use. The body needs time to recover properly—sleep and food are essential.

Do not have long “Speed Runs” - days with no sleep, rest or food.

## TREATMENT

You can refer yourself into WGCADA and speak in complete confidence to a male or female Project Worker.

After careful monitoring and assessment you could be referred to a prescribing service which could offer you a substitute to Amphetamines.

However, substitute prescribing is only available to people who fit a certain criteria. Please ask to speak to a worker for more information.

If you wish to start a treatment programme, which will begin with weekly one-to-one meetings with your Project Worker, ask your Needle Exchange Worker for more information.

All the staff at WGCADA are trained in a non-judgemental manner and you will be offered all the help and advice possible.

The Needle Exchange Unit at WGCADA is a confidential, safe place to collect free and clean barrels, pins, condoms, health advice and Safer Injecting leaflets. You can also dispose of used “works” safely.

## THE WORKERS WILL WORK WITH YOU ON YOUR GOALS.

## AMPHETAMINES AND THE LAW

It is illegal to possess Amphetamines unless you have a prescription from a registered GP.

It is also illegal to supply Amphetamines unless you are a registered GP.

Amphetamines are a Class B drug, unless prepared for injection when they become a Class A drug.

WGCADA (Swansea)  
(Main Office)  
40 St James Crescent, Uplands, Swansea  
Telephone: 01792 472519  
Email wgcada@hotmail.com

WGCADA (Neath)  
(Abstinence)  
30 Victoria Gardens, Neath  
Telephone: 01639 620222

WGCADA (Neath)  
(Harm Reduction)  
15 Victoria Gardens, Neath  
Telephone: 01639 620222

WGCADA (Bridgend)  
(Abstinence/Harm Reduction)  
7 Gaylard Buildings, Court Road, Bridgend  
Telephone: 01656 667717

All contact with us is dealt with on Strictly Confidential Terms

Phone Port Talbot  
(01639) 890863  
Or  
Neath  
(01639) 620222

Phone Us, Call In, or Write.  
You will be made Welcome

Needle Exchange is also available on this premises