

DRUGS AND THEIR EFFECT

WHAT DOES IT MEAN

OVERDOSE— Is how much of a drug you'll need to take in one go to KILL you— literally to poison yourself to death, or stop your heart. Some drugs are easy to overdose on, others are almost impossible (although this DOESN'T mean there aren't any other problems with them).

Examples of drugs EASY to overdose on are :-

ALCOHOL—about 10% of the 30,000 alcohol related deaths every year are directly from Alcohol poisoning.

Opiate drugs like HEROIN, METHADONE, MORPHINE and many opiate painkillers like Palfium and DF118's, PHYSEPTONE, MST's, DICONAL.

BARBITURATES (very strong tranquillisers). Some brand names are NEMBUTAL, SECONAL, TUINAL.

COCAINE and CRACK COCAINE—too much of these in one go can bring on a heart attack.

TRANQUILLISERS—the Benzodiazepines like Valium and Librium etc.....

It's often easier to overdose if two or more drugs are taken at the same time, e.g. ALCOHOL and TRANQUILLISERS (like green eggs, Valium. Etc....).
METHADONE & ALCOHOL.
HEROIN & ALCOHOL.

Some examples of drugs NOT EASY to overdose on are LSD/MAGIC MUSHROOMS (estimated 80lbs needed to O.D.)/CANNABIS.

DEPENDENCY

Some drugs will cause a PHYSICAL DEPENDENCY. This is where the body becomes ILL with the WITHDRAWAL symptoms if someone stops using a drug or cuts it down too quick.

NOT ALL DRUGS CAUSE PHYSICAL DEPENDENCY

Some of the withdrawal symptoms from most of the drugs causing physical dependency are reasonably mild but some are very serious. Withdrawal off ALCOHOL, BARBITURATES and BENZO's must be done under medical supervision. Other drugs in this group are CAFFEINE/TOBACCO/OPIATES/TRANQUILLISERS/AMPHETAMINES/CRACK and COCAINE.

ALMOST ALL drugs can cause PSYCHOLOGICAL DEPENDENCY where people need the drug to cope emotionally, e.g. "I must have a fag/pint/drink/cup of tea/tranquilliser to calm me down."

NEVER UNDERESTIMATE THE PROBLEMS THAT CAN BE CAUSED BY PSYCHOLOGICAL DEPENDENCY!!!

The third route to dependency is LIFESTYLE where people become so used to using a drug as part of their life that they can't imagine doing without it.

Maybe all their friends use it, maybe everyone at work does. A good example of this is SMOKING and DRINKING where someone might have to give up their social life, or move jobs, to get away from the drug.

OFTEN ALL 3 OF THESE PLAY A PART WHEN SOMEONE BECOMES DEPENDENT ON A DRUG

TYPES OF DRUGS

DEPRESSANTS (DOWNERS)

Depressants slow down the brain and body systems. These are drugs like:-

ALCOHOL

MINOR TRANQUILLISERS (e.g. Valium, Librium, Temazepam).

MAJOR TRANQUILLISERS

(e.g. Barbiturates like Tuinal, Seconal, Nembutal, etc...)

SOLVENTS

STIMULANTS (UPPERS)

- AMPHETAMINE (Speed)
- ECSTASY
- NICOTINE
- CAFFEINE
- COCAINE
- CRACK COCAINE

PAIN KILLERS

Painkillers are powerful drugs which come from the Opium Poppy or are man-made and are known under the collective name of OPIATES/OPIOIDS:

- HEROIN
- OPIUM
- MORPHINE
- CODEINE
- PETHADINE
- METHADONE

- PALFIUM
- DF118's
- TEMGESIC etc....

HALLUCINOGENS (MIND/PERCEPTION ALTERING)

- L.S.D.
- CANNABIS
- MAGIC MUSHROOMS

Some of these drugs can be fitted into other groups. For example:-
 COCAINE is a stimulant but can also be used as a painkiller.
 ALCOHOL is a depressant but can also be a stimulant in small doses.
 ECSTASY—stimulant, hallucinogenic.

ANABOLIC STEROIDS/ALKYL NITRATES (Poppers) do not fit comfortably in any of these groups.

For Further Information Please Contact:-
 Any of the offices below

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 633630

WGCADA (Port Talbot)
 (Harm Reduction)
 37 Commercial Road, Taibach, Port Talbot
 Telephone: 01639 890863

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