

What are Synthetic Psychoactive Substances?

These are a large and growing group of manufactured chemicals. They are often more risky than the traditional drugs they mimic.

Did you know?

Some synthetics speed up body functions (usually pills or powders), some slow them down (usually smoked) and some cause hallucinations.



During use, it can make you feel:

Relaxed OR Energetic and talkative	Headrush Distant/disconnected Difficulty talking Anxious Loss of co-ordination Looping and out of control thinking
	Paranoia Aggression Vomiting
	Muscle spasms Passing out
	Psychosis Seizures Death

Afterwards, signs of a comedown can be:



Feeling anxious	Urinating a lot
Low mood	Exhaustion
Difficulty sleeping	Stomach upset
Irritability	Paranoia
Difficulty concentrating	Strong craving
Body aches	Numbness in hands and feet
	Aggression

This can last several days

If someone is experiencing:

A fast or irregular heartbeat
Difficulty breathing
Extreme agitation and paranoia
Loss of consciousness
Seizures
Foaming at the mouth

Then:

Call 111
Stay with them
Find a safe place to calm down
Reassure them
Lie them on their side with open airways

Be safer when using by:

- > Planning where and who you are using with and your come down
- > Using a small amount first to check strength and effect
- > Stopping if you start to feel unwell or uncomfortable
- > Only carrying as much on you as you intend to use
- > Avoiding mixing with alcohol, medication or other drugs
- > Avoiding while pregnant

Look after yourself by:

- > Taking a break
- > Catching up on sleep and food

Consider making changes if:

Using and come downs affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

Spending more time/money than you want on these substances

Always thinking about the substances

Others are concerned about your use

Engaging in criminal activity



Seek professional help if you or someone you know is:

- > Using more to get the same effect or feel 'normal'
- > Finding it hard to stop using
- > Experiencing withdrawal symptoms or physical problems (eg. vomiting blood, feeling unwell, poor appetite, pain)
- > Having suicidal thoughts

For support and information

contact: Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
optforwellbeing.org



ABOUT SYNTHETIC PSYCHOACTIVE SUBSTANCES



Āta haere i a koe e hōpara I te ao
Take care as you explore the world