

Where to get help



Emotional Wellbeing Service
Cardiff and the Vale



(for under 18s)

 0800 008 6879
 emotionalwellbeingservice.org
 @EWS_cgl  [ews_cgl](https://www.instagram.com/ews_cgl)
 EmotionalWellbeingService

e-das

entry to drug & alcohol services

(for over 18s)

 0300 300 7000
 www.e-das.wales.nhs.uk








(up to 25)

 0808 802 3456
 84001
 www.meiccymru.org
 @meiccymru  [meic.Cymru](https://www.instagram.com/meic.Cymru)
 [meic.cymru](https://www.facebook.com/meic.cymru)



(bilingual – information in English and Welsh)


 0808 808 2234
 DAN to 81066
 dan247.org.uk
 @dan_247  Dan247helpline

SWITCHED ON

The Drug and Alcohol Education Service
for Cardiff and Vale Children and Young
People

(and those who work with or care for them)

 switchedon.org.uk

 @switchedonlearn |  [switchedonlearn](https://www.facebook.com/switchedonlearn)

A brief Guide to some common substances

Cannabis (Grass, weed, bud, skunk, green) is a hallucinogen

Side-Effects: Anxiety, paranoia, disorientation, dizziness, memory loss, increased appetite (munchies). Long term risk of mental health problems.

Use: can be smoked, eaten, inhaled via pipe or bong

Alcohol (Booze) is a depressant

Side-effects: Reduced inhibitions, slurring, nausea, increased appetite, memory loss, problems in pregnancy and fetal alcohol syndrome. Long term risk of cancer, stroke, heart disease

Use: usually drunk

MDMA (Ecstasy) is a stimulant / psychedelic

Side-effects: empathy, euphoria, energy, increased libido, over-heating, dehydration or over hydration causing organ failure, anxiety, depression.

Use: usually swallowed in a tablet or snorted in a powder

Ketamine (K, Special K, Vit K) is a hallucinogen

Side-effects: sleepiness, dizziness, lack of sensations including pain, confusion, hallucinations, 'out-of-the-body' feeling, anxiety. Long term risks of severe bladder damage and death.

Use: Injected, snorted or swallowed in a tablet

Cocaine (Flake, snow, coke) is a stimulant

Side-effects: Euphoria, confidence, insomnia, loss of appetite, anger, worry, anxiety, overdose, addiction, severe depression.

Use: snorted in a powder form, injected or smoked

NPS / Novel psychoactive substances (legal highs) are synthetic forms of a stimulant or depressant or hallucinogens

Side effects: (depends on the drug) e.g SPICE is a synthetic cannabis which is VERY strong. It can leave users very vulnerable, anxious, sick, increased heart rate, paranoia.

Please note: by giving harm reduction advice we are in no way advocating the use of drugs or alcohol

Staying safe

SAFER

Start small and wait

Whether it is alcohol or drugs, take a small amount and wait!
Drugs such as MDMA (Ecstasy) can have very different strengths even if they are from the same batch, so only take a quarter then wait an hour.

All together

Stay with friends and look after each other. Dial 999 if anyone is unwell. Have a friend stay sober or clean.

Familiar Environment

Be somewhere safe and familiar. If you are intoxicated, it might be frightening or dangerous to be somewhere strange or hazardous.

Eat and Hydrate

Eat before you start drinking alcohol to avoid feeling ill. Drink non-alcoholic drinks regularly. Drugs such as MDMA (Ecstasy) can cause over heating so it is important to drink a moderate amount regularly. Don't drink excessively as this can also be dangerous.

Return Home

Have a plan on how you are getting home. Pre-book a taxi, arrange a lift or get a train. There are taxi apps which allow you or parents / carers to pay by card. Cardiff has 'street pastors' who can help people who are in Cardiff on a Friday or Saturday night.