

What are the risks?

Using amphetamines has a number of risks

Psychological:

- Psychotic symptoms (hallucinations, paranoid delusions)
- Apprehension
- Mood instability
- Obsessive behaviour
- Social isolation
- Dependency and addiction
- Suicidal thoughts
- Lack of concentration
- Relapse of mental health conditions
- Changes in libido
- Grandiosity
- Increased talking

Physical:

- Poor appetite and weight loss
- Disturbed sleep
- Blurred vision
- Risk of heart attack, seizure and stroke
- Irregular breathing
- Overdose or sudden death
- Increased heart rate, body temperature
- Poor dental health and teeth-grinding
- Erectile dysfunction
- Nausea or dry mouth
- Acne, rashes or hives
- Erratic, sometimes violent behaviour

Did you know?

Most of the powder in a wrap only contains 5-15% amphetamine sulphate.

Amphetamine and the law

Amphetamine is a class B drug that is illegal to have, give away or sell. When prepared for injection it becomes a class A and you can face tougher sentencing if you're caught possessing or selling it.

Possession can get you up to five years in jail and an unlimited fine. Supplying, including to friends, can get you up to 14 years and an unlimited fine.

If the police catch you with Amphetamine they will always take action. This can be a formal caution, arrest and prosecution.

A drug-related conviction can have serious repercussions that affect your job prospects or travelling abroad.

Find out more

If you would like more information or support on amphetamine or you are affected by someone else's use please contact us at Inclusion Recovery Hampshire.

Information is also available at:

NHS Website: www.nhs.uk

Talk to Frank Website: www.talktofrank.com

Adfam website: www.adfam.org.uk

HOW TO CONTACT US

NORTH: 01782 639856
StarsNorth@mpft.nhs.uk

EAST: 01283 741053
StarsEast@mpft.nhs.uk

WEST: 01785 270080
StarsWest@mpft.nhs.uk

Or visit: www.staffstars.org

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This leaflet was created by:  **inclusion** Part of Midlands Partnership University NHS Foundation Trust Find out more at www.inclusion.org

Amphetamines

What you need to know!



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What is amphetamine?

It's the most widely-used illegal drug in Britain.

- Amphetamines are a potent synthetic stimulant.
- People take stimulants to stay awake and feel energised and alert.
- It is also known as speed, whizz, phet and crystal.

The myths

- Amphetamines cannot hurt you.
- They make you smarter.
- Amphetamines are not addictive because doctors prescribe them.

The truth is amphetamines (Speed) put a strain on your heart and cause heart problems. Taking too much can cause harm to both physical and mental health.

How is amphetamine taken?

There are a few ways of taking amphetamine.

Amphetamines (speed) are either dabbled onto the gums, or can be snorted in lines much like cocaine powder. It can also be rolled up in cigarette paper and swallowed; this is referred to as 'bombing'.

Amphetamines can be smoked, injected in liquid form or mixed into drinks. The effects of amphetamines can take effect within half an hour of swallowing. If you snort or inject amphetamines the high will kick in faster and the effects can last for up to six hours.

Injecting Amphetamines is very risky. Sharing injecting equipment runs the risk of the injector catching or spreading a virus such as HIV or hepatitis C. There is also the risk that veins may be damaged and that an abscess or a blood clot will develop.

What does it look like?

Amphetamines come in various forms, ranging from powder, tablets to small crystals and they have a distinct smell and taste.

Speed is usually an off-white or pinkish powder. The 'base' form of speed is purer and it is a pinkish-grey colour and feels like putty.

It is sold in plastic bags, small balloons and foils (aluminium foil).

Amphetamine capsules and tablets vary in colour and size and it is dependant on what has been added. Additives can be a mixture of drugs, binding agents, sugar, caffeine and many more.

Crystal methamphetamine, is a more potent form of amphetamine, and generally appears in large, sheet-like crystals, or as a crystalline powder. Dealers often bulk the drug out so users feel they are getting more for their money.

What are the effects?

Amphetamine is a stimulant drug which has both pleasant and unpleasant effects for the user;

- Feel wide awake, excited and chatty.
- Gives you energy (clubbers like that they can dance for hours)
- Reduce your appetite / feel less hungry
- Can make you feel panicked and agitated
- Can make you hallucinate
- Frequent use / high doses can cause 'Amphetamine psychosis' (paranoia, hallucinations, aggressive, violent or bizarre behaviour)
- Experience cramps and stomach irritation or need to empty your bowels
- Increased breathing rate, or shortness of breath
- Difficulty sleeping
- Abrupt shifts in thought and speech making it difficult for others to understand you
- Feelings of nausea and/or vomit