

What are the risks?

Using cocaine has a number of different risks

Psychological:

- Paranoia
- Angry and hostile
- Psychosis, including hallucinations or paranoid delusions
- False sense of power
- Depression
- Social isolation
- Dependency and addiction
- Suicidal thoughts
- Intense euphoria
- Relapse of mental health conditions
- Mental wellbeing
- Vertigo
- Hallucinations

Physical:

- Nose bleeds or nose cartilage damage
- Increased heart rate
- Muscle spasms and convulsions
- Risk of heart attack, seizure and stroke
- Weight loss
- Risk of blood borne viruses
- Rise in body temperature and blood pressure
- Muscle tension
- Impotence
- Liver damage
- Death
- Harm foetus in pregnant women
- Disturbed sleep patterns

Did you know?

Driving when high is illegal, you can still be unfit to drive the day after using cocaine. You can get a heavy fine, be disqualified from driving or even go to prison.

Cocaine and the law

Cocaine and 'freebase' are both class A drugs – that means they are illegal to have, give away or sell.

Possession can get you up to seven years in jail.

Supplying someone else (including your friends), can get you life and an unlimited fine.

Allowing other people to supply drugs in your house or any other premises is illegal.

Find out more

If you would like more information or support on cocaine 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

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

You. Me. Us

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

Cocaine

What you need to know!



 STaRS

 @Staffs_TaRS

 www.staffstars.org

What is cocaine?

Cocaine, also known as 'coke' is a strong stimulant.

- It is made from the leaves of the coca plant.
- It is a widely-used 'recreational' drug'.
- Other forms of cocaine are 'Freebase' and crack.
- It is a highly addictive substance that can alter brain structure and function if used repeatedly.

The myths

- It takes a long time to get addicted
- Using a few times is no big deal
- Cocaine is safe to use
- It has no side effects
- Cocaine makes you a better athlete or worker
- Sobers you up when you're on a drinking binge

What is true is that all forms of cocaine are addictive after a short period of time. Cocaine has the potential for serious effects on the user. Drinking with cocaine is highly damaging to your liver.

How is cocaine taken?

The most common way of using cocaine is by dividing the drug into lines with a bank card and snorting it up the nose with a straw or a rolled-up bank note.

It can be sprinkled into a 'joint' and smoked although it is not easily smoked and does not burn well unless specially prepared into 'freebase' or 'crack' cocaine.

Cocaine can be prepared to make a solution for injecting. Sharing needles and syringes or other equipment (spoons, water, filters), when injecting, runs the risk of catching or spreading HIV and hepatitis C infection.

What does cocaine look like?

Cocaine is a white powder that comes in plastic sealed bags that vary in size depending on the quantity bought.

Often you will find that extra additives have been added to increase the potency of the drug or a synthetic substance added to mimic the effects.

Drug dealers will often bulk up the appearance or weight of the cocaine so they can sell it at a higher price so users think they are getting more for their money.

On average, a gram of cocaine powder generally costs £40 but costs vary.



What are the effects?

Cocaine is a stimulant drug and taking cocaine can make users feel on-top-of-the-world. There are some pleasant and unpleasant effects when using:

- Increased levels of dopamine cause intense feelings of pleasure
- Powerful and short-lived high that can leave you feeling down when high subsides
- Feelings of confidence, alert and awake
- Feeling agitated or hyperactive
- You can become paranoid
- Your heart rate and pulse will increase
- You can suffer with jaw clenching
- Becoming unnaturally animated
- Reduced appetite
- Raises the body temperature
- When the effects wear off users experience a 'come down' or 'crash'
- Strong impulse to use more
- When using with alcohol it can make you feel more alert, which users often mistake for 'sobering' them up, it is actually just masking the impacts of alcohol and can cause overdose

