

What are the risks?

Using GHB has a number of different risks

Psychological:

- Agitation
- Memory loss
- Psychological dependency
- Dizziness
- Confusion
- Mental health issues
- Loss of inhibitions and therefore dealing with consequences of any behaviours that can be life-changing

Physical:

- Vomiting
- Tightness of the chest
- Diarrhoea
- Impaired vision making driving under the influence very dangerous
- Seizures
- Breathing problems
- Overdose (especially when mixed with other depressant drugs like alcohol)
- Mouth burns when mixed badly
- Dependency

Did you know?

It is highly addictive, and frequent use can lead to a withdrawal syndrome known as GHB psychosis.

GHB and the law

GHB and GBL are both class C drugs – (GBL is available for legitimate use in industry, but it is an offence if someone supplies or possesses it knowing or believing it will be swallowed and ingested).

Possession can result in two years in prison and/or an unlimited fine. Supplying (even your friends) can result in 14 years in jail and/or an unlimited fine.

It is an offence to administer a substance, like GHB and GBL, to a person with intent to overpower that person to enable sexual activity with them (Sexual Offences Act 2003) and is punishable by up to 10 years imprisonment.

A conviction for a drug-related offence could have a pretty serious impact. It can stop you visiting certain countries – for example the United States – and limit the types of jobs you can apply for.

Find out more

If you would like more information or support on GHB 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

GHB

What you need to know!



 STaRS

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What is GHB?

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

- GHB (gammahydroxybutyrate) and GBL (gammabutyrolactone), are closely related, dangerous drugs with similar sedative and anaesthetic effects.
- GBL is converted to GHB shortly after entering the body.
- Both produce a feeling of euphoria and can reduce inhibitions and cause sleepiness.

The myths

- GHB's unpleasant taste makes it an unlikely drug to be used by sexual predators. The truth is that the flavour is masked when mixed with fruity or very cold drinks.
- GHB builds muscles. The fact is that there is no scientific evidence that GHB increases muscle mass.

How is GHB taken?

Strength can vary across different batches but a normal dose is generally considered as a teaspoon or capful. This is swallowed.

Starting with half a teaspoon and waiting at least an hour before deciding whether to take more is a way to reduce the risks associated.

It's hard to find the proper dose with GHB. A teaspoon might be perfect one time, but an overdose the next time. It depends on body weight, how much food is in the stomach, and other random factors.

The effects may not peak for up to two hours, and many overdoses have occurred from people not waiting long enough before taking more.

What does it look like?

When they are sold as drugs they are usually sold as an odourless, colourless, oily liquid in small bottles or capsules and they both taste slightly salty.

A teaspoon or a capful is a normal dose although the strength of GHB varies so it can be very difficult for people to know how much they're taking, making it easy to overdose.

There is a form of GHB (called GHB) that does come in powder form but is rare. Prices can vary from region to region, on average a 30ml plastic container of GHB costs about £15.

Did you know?

GHB has a medical use in the treatment of narcolepsy, while GBL has a legitimate use as a stain remover, rust remover, alloy cleaner, super-glue remover and as a paint stripper.

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What are the effects?

GHB is classed as a sedating and hallucinogenic drug. Its effects can turn out to be pleasant or unpleasant:

- The effects are usually felt between ten minutes and one hour after ingestion. The primary effects last about 2-3 hours, but residual effects can last up to a whole day
- Reduced inhibitions which means it can often make people feel relaxed it can also cause you to engage in risky behaviours which you would not ordinarily do
- Feelings of euphoria
- Drowsiness
- Small doses can leave the person using it to feel relaxed
- Feelings of happiness
- High dosage can cause loss of consciousness (remember its not always possible to know how much will give a high dose due because of changing strengths)
- Sexual arousal
- Hallucinations
- Eager or keen to fight

