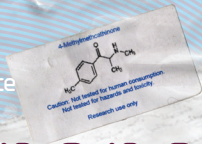


There is no such thing as a 'safe drug', but the tips on this postcard may help you reduce your chances of coming to harm.

Mephedrone

(M-cat, Meph, Meow, kitty cat)



- **At present it is legal to possess mephedrone, BUT**, if the **police** catch you with a white powder you will probably still be arrested and taken to a police station. If the powder turns out to be mephedrone they will release you without charge.
- **Snorting** mephedrone causes burning pain and snotty bleeding. To lessen damage to your nose, swallow it. If you do snort, **chop** the powder thoroughly and rinse your nose with water afterwards.
- Mephedrone makes you **thirsty** and you don't feel drunk so can end up drinking a lot of booze. Try drinking non-alcoholic drinks at least for some part of the evening.
- **Overheating** may cause death. Take regular breaks from dancing, cool yourself down and sip about a pint of water (or non-alcoholic drink) an hour - don't drink too much as this can also be dangerous.
- If you feel yourself **overheating** and can't cool down, particularly if you **feel ill**, **stop sweating** or have **trouble peeing** - either tell security if you're in a club (they are trained in first aid) or go straight to A and E.

- If a friend is experiencing **paranoia** or **hallucinations**, try and take them somewhere quiet, and calm and reassure them. Tell them that what they are experiencing is drug induced and will not last.
- If they start to **panic** ask them to breath slowly, in through their nose and out through the mouth or into a paper bag (if you have one).
- Mephedrone can lead to **amnesia** (forgetting what happened while you were high). If this carries on when the drug has worn off go and see your doctor.
- The biggest risk of **death**, is from **heart failure**, so those with existing heart problems or high blood pressure should avoid mephedrone altogether.
- Don't let your mates wander off to a party with **strangers** – stay with them or make sure you know where they are going.
- If somebody is unconscious put them on their side in the **recovery position** to stop them choking to death on their own vomit. Inform security staff (if in a club) or ring for an ambulance.



- Ambulance services **don't** automatically contact the police. When the ambulance arrives, it is important that you tell the ambulance crew what they have taken, as this information could save their life.

If you are experiencing problems controlling or stopping your use, seek advice from your local drug service.

