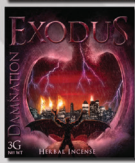


Free and confidential help and advice is available in Salford

Telephone: 0161 358 1858







Old Spice

Clock Work Orange, Psyclone, Exodus Damnation, Happy Joker, Black Mamba, Doob . . . these and many others are brand names printed on little packets of 'legal highs'.

Do you know what is in these little packets? They contain a number of different chopped up plants or herbs (such as *marshmallow*). These plants don't get you high.

However, the plants are sprayed with chemicals that do get you high. These chemicals are called

'Synthetic cannabinoids'.

One of the first brands on sale was called '*Spice*'. This is now used as a street name for any of these products.

The chemical contained in the original Spice brand (*JWH-018*) was made illegal in 2009.

But legal high producers just made spice using other chemicals (such as one called *AM-2201*). This was still legal and was even stronger than those they had banned.

In 2013 the government tried again and banned *AM-2201* along with a long list of other chemicals. Can you guess what happened?

Those naughty legal high producers made spice using other chemicals (such as *5F AKB-48*). This was still legal - Doh!

The government have said they are going to ban *5F AKB-48* and all the other synthetic cannabinoids that are on sale at the moment . . .

. . . can you guess what will happen?



Strong Spice

The cannabis plant contains chemicals called *cannabinoids*. The main one in cannabis that gets you high is called *THC*.

When you smoke cannabis, the THC stimulates special areas of your brain (called *cannabinoid receptors*). Depending on how much you smoke, this leads to you to feeling . . . *stoned, blazed, wasted, totally F.U.B.A.R.*

Synthetic cannabinoids are man made chemicals. These chemicals are quite different to THC, but they stimulate the same areas in your brain.

In fact some synthetic cannabinoids are much better at stimulating your brain than THC. This is why the effects of spice can be much stronger and quite different to the effects of cannabis.

Some spice brands are much stronger than others. The strength depends mainly on how much of the chemical is sprayed onto the chopped up plants.

Spice has an effect in very small doses. Much smaller amounts are needed to get high than even the strongest ‘skunk-weed’ types of cannabis.

The biggest mistake first time spice users make, is using too much.

A pinch of spice the size of a match head will get you high – don’t let anyone tell you any different, as it is not unusual for ‘mates’ to give first time users very large doses ‘as a laugh’.

F.U.B.A.R

*A herbal incense that will get you confused
if not down right confuckinfuzzled*



SPICE CAN KILL



HARMFUL

**NOT FOR HUMAN
CONSUMPTION**

LINNELL RESEARCH CHEMICALS



**NOT FOR SALE
TO MINOR INDIVIDUALS**

Scary Spice

The effects of spice start within seconds of smoking it. The effects vary depending on which brand you use and how much you smoke.

For new users, with large doses or stronger brands, the effects can be overpowering.

You may feel numb in your arms and legs; lose your balance or fall over; you may get cramps; might vomit; may sweat; a nasty rash may develop and you may feel like bugs are crawling under your skin.

Your chest will feel tight and you may have trouble breathing. Your heart races and may beat erratically.

You will be confused if not down right confuckinfuzzled as you try and work out what, where and who you are.

Some of the strong brands can cause frightening visions or hallucinations. They can take you to what feels like a different reality, almost the same as this one, but a lot more scary. The mental effects together with the physical effects can cause panic.

Thankfully, the scary stuff doesn't usually last more than half an hour before more cannabis like effects waft over you. You will usually feel straight (sometimes suddenly) within an hour.

However, plenty of people have ended up in hospital as a result of using spice. Spice is highly toxic* and is without doubt, far more dangerous than good old-fashioned cannabis.

A small number of people have died after using spice.

*Synthetic Cannabinoids may cause muscle breakdown, both high and low blood pressure, acute kidney injury, seizures and low potassium levels.

ZOMBIE APOCALYPSE



Spice is very addictive

Long term risks are not known



NOT FOR HUMAN
CONSUMPTION



NOT FOR SALE
TO PERSONS UNDER 18

Spice Zombies

Those not put off by their first experience may soon notice that spice starts to feel more ‘cannabis like’ when used regularly.

You may start to use more to try and get the same effect, in fact spice can be very, very moreish.

Some say spice is far more habit forming than real cannabis.

A spice habit can develop very quickly. You may start to smoke it all day, then get up in the middle of the night to smoke more. You may get agitated if you don’t have any spice.

Friends may notice that you stumble around looking like a pink eyed zombie. They may notice changes in your behaviour.

Some can stop using spice without any bother, while others find it difficult. They may sweat a lot, have trouble sleeping and have intense cravings for spice if they stop.

Some people try going back to cannabis, but after using spice the effects of cannabis can seem mild.

Like real cannabis, spice may trigger mental illness (psychosis) in some people. Particularly those who have had mental health problems or have a history of it in the family.

We know next to nothing about the long-term effects of spice, as nobody has ever used it for a long time. Those using it for three, four, five years are the guinea pigs for our understanding of the long-term risks.

SPICE LAWS

HERBAL INCENSE



Possessing 'legal' spice is not an offence



NOT FOR HUMAN
CONSUMPTION

18

NOT FOR SALE
TO ANYONE UNDER 18

Spice Laws

The chemicals in the old packets of spice are now class B drugs the same as cannabis. Most of the packets and *c-liquids* on sale from shops and websites contain mixtures of more than one of the new ‘legal’ chemicals.

They can’t be legally sold as drugs, which is why they are labelled as ‘herbal incense’ or ‘pot-pourri’ and have ‘*not for human consumption*’ written on the packet.

Buying and possessing ‘legal’ spice is not an offence. But, if the police find some, you can be arrested. Provided it doesn’t turn out to be an illegal drug you won’t be charged.

A ‘legal high’ can become subject to a *Temporary Class Drug Order*. The dangers of that drug are studied, during which time it is illegal to supply - but still legal to possess it.

The government are planning to ban all the chemicals in the spice that is currently on sale.

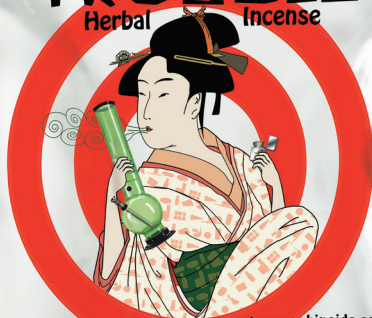
This will almost certainly mean that new ‘legal’ chemicals will replace them and be added to the chopped up plants in the packets.

The government may also bring in new laws that will make it an offence to sell any substance that can be used to get you high . . . apart from alcohol and tobacco . . . which happen to be the drugs that kill the most people.

They also have plans for spice. They may make it illegal to sell any chemical that can affect those special areas of your brain (*the cannabinoid receptors*).

URINE TROUBLE

Herbal Incense



There are tests for some synthetic cannabinoids and
new laws have been introduced in prison



NOT FOR HUMAN
CONSUMPTION



Spice Testing

You won't test positive in a drug test for real cannabis if you smoke spice, but there are tests available for some of the chemicals (*synthetic cannabinoids*) in spice.

Because there are so many of these chemicals it is often difficult to tell if the chemical was legal or illegal. And difficult to tell how long they can be detected after they are used.

It is an offence to drive a car while intoxicated with any drug or legal high.

Spice has become popular in prisons. The smoke doesn't smell as much as skunk, and if caught with a 'legal' spice product in prison it has been treated like other banned items such as alcohol.... however.

New laws have been introduced for prisoners.

This new law will now allow for Mandatory Drug Testing of spice and other drugs that are not controlled by the Misuse of Drugs Act such as *pregablin*.

Any prisoner caught smuggling 'legal' spice through visits can now face extra days on their sentence and a host of other punishments such as loss of earnings and privileges.

There are also plans to introduce more security measures including training sniffer dogs.

SPICED AGIN!

Herbal Incense



CONFIDENTIAL HELP IS AVAILABLE

IN SALFORD



HARMFUL

**NOT FOR HUMAN
CONSUMPTION**

18

**NOT FOR SALE
TO ANYONE UNDER 18**

Spice Advice

Do your research before you take any new or unknown brands of spice. Look up the brand on the internet.

At present, the chemicals that are sprayed onto the chopped up plants are often listed on the back of the packets. Try googling these long chemical names.

Always start a new batch with a tiny (match head size) test dose and remember the old drug users saying *'You can always take more, but you can never take less'*.

It's best to smoke sitting down as you may lose your balance, fall over or pass out.

Spice effects can be frightening, particularly for new users. Don't panic. Remember – it won't last forever.

If you or a friend experiences severe vomiting, rashes or breathing difficulties or any other serious symptoms - call for help and ring for an ambulance.

If somebody is unconscious and you can't wake them, lay them on their tummy (*the recovery position*) to stop them choking on their own vomit (see below) - then call for help.



If you feel your use of spice is getting out of hand or you are having trouble stopping – **confidential help and advice is available in Salford.**