



WHAT ARE THEY?

Substances commonly called 'legal highs' are drugs, just like illegal substances. They can be just as dangerous, sometimes more. They have many names – **Legals, New Psychoactive Substances (NPS), new drugs and herbal highs.**



WHAT DO THEY LOOK LIKE?

They can be powders, crystals, pills, pellets, herbal mixtures, liquids and small pieces of paper (blotters).



KNOW THE LAW

Don't be caught out by the term 'legal highs' – it's misleading as they can contain illegal substances. If they are found to contain any illegal drug you will be reported for possession or supply offences, which could result in a criminal record or even a prison sentence.



TRICKS OF THE TRADE

'Legal highs' are often labelled 'not for human consumption' and sold as other products like room odouriser, bath salts and plant food – to try to get round the law.

KNOW THE SCORE ABOUT 'LEGAL HIGHS'



UNKNOWN RISKS

Just because they're sold as legal doesn't mean they're safe. Many haven't had any safety testing, so it's impossible to know what's in them or what effect they'll have.

HOW MUCH IS TOO MUCH?

'Legal highs' are risky no matter how much is taken. The contents are often unknown so it's difficult for users to know what they're taking or how much is an active dose. Taking more than one drug at a time or taking with alcohol also increases the risk of dangerous side effects or overdose.

DANGERS OF OVERHEATING

Some 'legal highs' can cause overheating and dehydration. Being in a hot club, dancing without taking breaks, not drinking enough water and drinking alcohol makes this worse.



THE EFFECTS

Some make you feel up, some make you sleepy and woozy and others make you feel trippy. After use, most will have what's called a comedown where the user can feel sick, anxious, a bit low, bad tempered and paranoid.



LOOK AFTER YOURSELF AND YOUR PALS

Don't feel pressured into taking drugs – it really is OK to say no. If a friend has taken something and experiences bad effects, the quicker you can get them to medical help the better.



ASK FOR HELP IF YOU NEED TO.

Never be scared to ask for support or help. If anyone starts to feel unwell, it's always best to call an ambulance immediately. Leaving it can be fatal. For non-emergencies call **101**. For medical emergencies contact **999**. For non-urgent medical advice contact your GP or **NHS 24** on **111**.

WHERE TO GET INFORMATION, ADVICE AND SUPPORT.

For support in your area, search on scottishdrugservices.com
For free, confidential advice about drugs call the Know The Score helpline on **0800 587 587 9** (lines open 8am-11pm, 7 days a week).

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