

# HOME TRUTHS

Are you aware of the drugs that are all around us?

Take a look around your own home and see how many are in your cupboards and drawers.

**BE  
SMART  
BE  
SAFE**

**ALL DRUGS HAVE AN EFFECT**

**DEPRESSANTS**

**HALLUCINOGENS**

**STIMULANTS**

**SOLVENTS**

**OPIATES**

MORPHINE  
TEMGESIC  
FEMINAX  
CODEINE  
METHADONE  
MORPHINE SULPHATE TABLET (MST)  
PETHIDINE  
TEMGESIC  
SOLPADEINE  
OPIUM DF 118  
HEROIN  
MORPHINE

SLEEPING TABLETS  
ALCOHOL  
NORMISON  
BENZOS  
VALIUM  
CANNABIS  
ZIMOVANE  
DALMANTE  
ZISPIN  
PROTHIADEN  
ATIVAN

JOB  
LSD  
GHB  
ECSTASY  
KETAMINE  
MAGIC MUSHROOMS  
CANNABIS  
ECSTASY  
SNOWBALLS - GOB  
ACID  
GHB  
ECSTASY  
KETAMINE  
SNOWBALLS - GOB  
ECSTASY

TIPPEX  
BUTANE GAS  
LIGHTERS  
DEODORANT  
MARKERS  
PAINT  
HAIR SPRAY  
ANTI-FREEZE  
PETROL  
GLUE  
NAIL VARNISH  
PERFUME

EPHEDRINE  
TABLETS  
ECSTASY  
POPPERS  
CAFFEINE  
SLIMMING  
CRACK  
BZP  
BENZILPIPERAZINE  
NICOTINE  
AMPHETAMINE  
COCAINE  
SPEED  
VENTOLIN

# KNOW WHAT DRUGS DO.

All substances have an effect on our bodies, our nervous systems and our mental health. We should be aware and careful about any substances we are using, whether it is prescribed, something we buy over the counter, illicit or illegal.

For great information on different drugs and the effects they have on our bodies and those around us.

[www.drugs.ie](http://www.drugs.ie)

[www.BeSmartBeSafe.ie](http://www.BeSmartBeSafe.ie)

HERE'S A CHECKLIST OF THE EFFECTS THAT DIFFERENT DRUG TYPES HAVE ON OUR BODIES. MIXING ANY OF THESE SUBSTANCES INCREASES THE EFFECT, AND THE RISK.



**Be Smart Be Safe** is a community response campaign to concerns about today's changing drug landscape and the needs of families.

DRUG TYPE	EFFECTS OF USE	EFFECTS OF MISUSE	RISKS
SEDATIVES Downers	Reduced feelings of anxiety and tension. Also used to treat insomnia.	Drowsiness, slurred speech, lack of co-ordination.	Overdose with risk of death, dependence with regular use.
STIMULANTS Uppers	Increase in physical and mental activity.	Physical and mental hyperactivity, effects depend on mood and amount taken.	Increase in heart rate, blood pressure and body temperature. Anxiety, panic attacks, aggression, depression, fatigue, dependence and overdose.
OPIATES	Pain relief, slowing down of mental and physical activity.	Drowsiness, detachment from reality.	Physical and psychological dependence, infection from sharing unclean needles, overdose and death.
HALLUCINOGENS	Distort reality, confusion of time and distance, hallucinations.	Paranoia, confusion, disturbance of reality.	Death, accidental injury, memory loss, personality change.
SOLVENTS	Depresses central nervous system, increases sensitivity of the heart to adrenalin, palpitations.	Paranoia, constant sweats, nasal damage.	Death, severe fits, accidents.
CANNABIS	Intoxicating effects, relaxation, increased heart rate, lower blood pressure, hallucinations, short- term memory loss, paranoia.	Intoxication, impaired judgement, lack of concentration, mood swings, accidents, fatigue, loss of interest in school/work/ friends/hobbies, impaired cognitive thinking.	Increased risk of throat cancer, bronchial illness, accidents, physical and psychological addiction, adverse effects on male/female reproduction.