

Friday, 15 November 2013

Health and Social Wellbeing Improvement

Stimulant drugs
Professional guidance



Who is this for?
The guidance is aimed at professionals who come into contact with stimulant drug users through their work. This may include those in the community and voluntary sectors or in health and social care.

It aims to support you in your conversations about stimulant drugs with people who are likely to help you give advice that will reduce the risks they face and help prevent stimulant-related health and social problems.

Why is this needed?
Every year in Northern Ireland stimulants are a factor in around eight to ten deaths. In the UK 301 new psychotropic substances were identified in 2012 and more than two dozen are being identified at a rate of approximately one per week.

Identified drugs: The quality and content of such drugs varied greatly and the more used they had, the more likely they were to be abused. Most of these drugs are all different, and therefore can have different effects on health. One of the reasons of these drugs are different to other drugs. When given to people with mental health problems, they can give unwanted advice that may encourage them to reduce their risk.

What are stimulants?
A stimulant is a drug that speeds up the central nervous system to increase mental activity in the brain. Stimulants tend to make people feel more alert and energetic, and can produce feelings of euphoria.

Many new psychotropic substances (sometimes called 'legal highs' or 'crazy cocktail' drugs, usually in powder, capsule or pill form).

Examples of stimulants:

- caffeine
- amphetamine
- methylphenidate
- cocaine
- crystal meth
- MDMA
- ecstasy
- speed

However, this type of drug can be abused in other ways than just to 'get high'. This includes the use of the drug for medical reasons, such as to help with a condition which causes chronic pain, and at identical dosages to those used for medical purposes.

Side effects:
Physical: Stimulants, besides headaches, raised blood pressure, increased heart rate, increased body temperature, increased energy and alertness. These effects may occur as a result of taking too large a dose or as a result of taking them over an extended period of time.

Psychological: agitation, hostility, panic, aggression and suicidal tendencies. Paranoia, sometimes accompanied by delirium, and increased heart rate, may also occur.

Overdose can cause high fever, convulsions, stroke, or heart problems. An overdose of amphetamine can lead to death. Stimulant overdose can be fatal. Stimulants can also be used in combination with other drugs, such as alcohol, and this can increase the risk of overdose.

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Details

Format

A4 3 pages

Target group

Those who come into contact with stimulant drug users through their work.

Downloads

Attachment

Size

[stimulants users factsheet version 2.pdf](#) 73.96 KB

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