

At SMART, we specialise in supporting people with their substance misuse issues. If you are worried about your drug or alcohol use, or that of someone you know, please give us a call or speak with a teacher / social worker / YOS worker / youth worker, who can also refer you to us.

We can arrange to see you at a location which suits you, e.g. your school / college.
Alternatively, you can drop-in to see us at a Juice Clinic:

The Woodley Centre
Surgery
6 Headley Road
Woodley
Reading
RG5 4JA
Mondays
3.30-5.30pm

Wokingham Hospital
41 Barkham Road
Wokingham
RG41 2RE
Thursdays
3.30-5.30pm

Needle exchange services are available at a number of pharmacies

SMART!
INNOVATIONS IN DRUG SERVICES

Young Persons' Substance
Misuse Team

38 Station Road
Wokingham
RG40 2AE

0118 977 2022

wokingham@smartcjs.org.uk

**MEPHEDRONE IS
ADDICTIVE AND CAN
RESULT IN DEPENDENCE**

**MEPHEDRONE CAN CAUSE
SEVERE HARM**

For further information:
www.talktofrank.com

MEPHEDRONE

**M-CAT, BUBBLES,
DRONE, MEOW MEOW**



SMART!
INNOVATIONS IN DRUG SERVICES

THE TECHNICAL BIT:

- * Mephedrone is a stimulant with similar effects to MDMA and Speed.
- * Mephedrone is mainly a white or off-white powder, but can come in crystal or pill form.
- * Mephedrone is not plant food, this was just a way to get around the law.
- * Illegal drugs are frequently mixed with other chemicals so you never know what you are getting, increasing the risk to you.
- * It has a sharp chemical, fishy / 'cat pee' smell.

THE LEGAL BIT:

- * Mephedrone is a Class B drug, and was made illegal in April 2010.
- * Having Mephedrone in your possession could get you up to 5 years in prison and a large fine.
- * Supplying Mephedrone - which includes sharing - could get you up to 14 years in prison and an unlimited fine.
- * If you have a criminal history, including drug related arrests, this can affect your job prospects, education and many countries will not allow you to visit if you have a criminal record.
- * Driving whilst high could get you a heavy fine and you may lose your licence and get you a prison Sentence.

THE EFFECTS:

- * Feelings of euphoria
- * Increased energy
- * Increased levels of confidence
- * Feelings of affection to those around you
- * Jaw clenching and gurning
- * Hallucinations
- * Headaches
- * Bad come down
- * Feeling sick, paranoid, anxious

THE RISKS:

- * Nosebleeds and nasal damage
- * Dehydration and overheating
- * Raised blood pressure leading to heart problems and strokes
- * Increased heart rate/Irregular heart beat
- * Fits/seizures due to over-stimulation of the nervous-system
- * Weight loss, insomnia
- * Problems with memory
- * The long-term risks are not yet known

**MEPHEDRONE IS
ADDICTIVE AND CAN RESULT
IN DEPENDENCE**

**THERE IS A RISK OF
HOSPITALISATION AND IT
HAS CONTRIBUTED TO A
NUMBER OF DEATHS IN THE
UK**

HOW TO REDUCE THE RISKS:

The most effective way to stay safe is to decide not to use Mephedrone. If you do decide to use it, then the points below may help keep you safe.

- * Don't drink alcohol when using Mephedrone as this increases the risks
- * Drink plenty of water
- * Take regular breaks from physical activity
- * Using water flush your nasal cavities following any Mephedrone use
- * Check the inside of your nose regularly for damage
- * Don't mix Mephedrone with other drugs, even prescribed medication. This can lead to long-term health problems or could even be fatal
- * If injecting always use new needles and never share needles to reduce the risk of Hepatitis C and HIV
- * Never use alone
- * If you or any one else appear to be experiencing a bad reaction to Mephedrone, go straight to A&E or call an ambulance- always tell the medics what has been taken