

STIMULANTS

WHAT YOU NEED TO KNOW

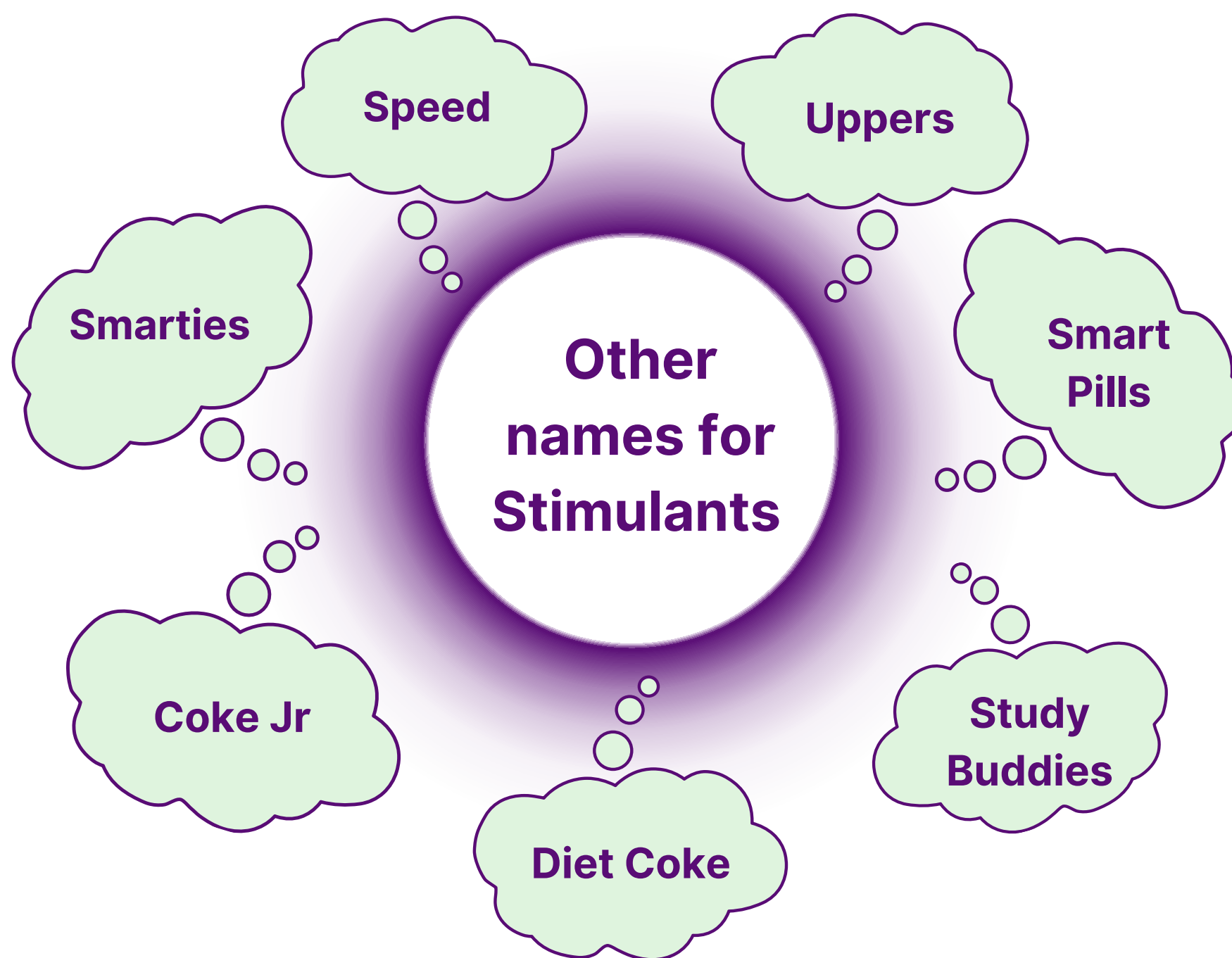
What are they?



Stimulants are a group of substances that speed up processes in your body, such as messages to your brain. People may use stimulants because they help them feel alert, confident, or euphoric.

Stimulants include caffeine, amphetamines (including meth), cocaine, pseudoephedrine, and methylphenidate.

For information on individual types of stimulants, check out our website [here](#).

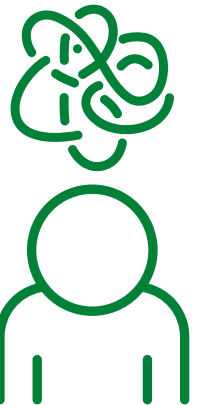


How are they used?

Stimulants can be snorted through the nose, taken orally, injected, or smoked



What are the effects?



Right after using stimulants, you may feel very **restless or hyper**.



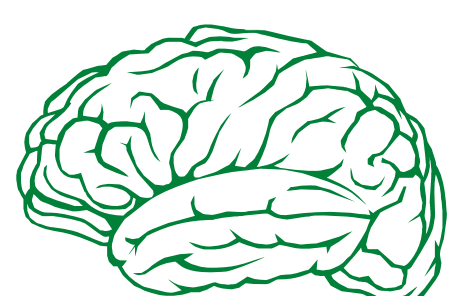
Stimulants can lead to difficulty getting to sleep.



Stimulants can raise your **blood pressure** and make your **heart rate** irregular, especially with repeated use.



Using stimulants regularly may cause **weight loss** from a lack of appetite.



High doses of stimulants can over-excite the brain, leading to anxiety and even seizures.



In rare cases, a person using stimulants may become very paranoid and aggressive.

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When do you seek emergency help?



Overdose: Taking too many stimulants than your body can handle


Signs: Short of breath, chest tightness, very fast or uneven heart rate, confusion, psychosis, and hallucinations

Get help right away! Stimulants can be very harmful to the heart in large amounts.

Did you know?

Taking stimulants and depressants together doesn't cancel out the effect of either substance.

It actually sends conflicting messages to your body, putting more stress on your brain and heart!




How to stay safer?


- 1 **Avoiding stimulant use** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Choose oral.** Injecting, snorting, or smoking stimulants all cause extra harm to your body through infection or skin damage.
- 3 **Plan for safety.** Arrange a ride for afterwards. Bring condoms if you think sex is a possibility
- 4 **Start low and go slow.** This lowers your risk of accidentally taking too much
- 5 **Moderate Use.** Regular use affects your health, school or job, and relationships.
- 6 **Don't mix!** Combining substances increases the risk of harmful side effects and overdose. It is very dangerous to combine multiple stimulants!
- 7 **Have a buddy with you** in case you need help

Naloxone Kits

Naloxone can save a life!
It temporarily reverses the effects of opioids that may be added to stimulants.

To learn more about naloxone, check out our infographic [here](#).

 Call 811 to find out where to get a kit



For more information visit us at:
www.DECYDE.ca

SWAP provides proper supplies for injecting, smoking, and snorting drugs.
To find out more, call or text **709-757-7927**.

References:
1. Vo K Neafsey P Lin C. Concurrent use of amphetamine stimulants and antidepressants by undergraduate students. Patient Preference and Adherence 2015;9: Lakhani, S. E., & Kirchgessner, A. (2012). Prescription stimulants in individuals with and without attention deficit hyperactivity disorder: misuse, cognitive impact, and adverse effects. Brain and behavior, 2(5), 661-677. https://doi.org/10.1002/brb3.78
2. O'Brien, M. C., McCoy, T. P., Rhodes, S. D., Wagoner, A., & Wolfson, M. (2008). Caffeinated cocktails: energy drink consumption, high-risk drinking, and alcohol-related consequences among college students. Academic emergency medicine: official journal of the Society for Academic Emergency Medicine, 15(5), 453-460. https://doi.org/10.1111/j.1553-2712.2008.00085.x
3. Egan KL, Reboussin BA, Blocker JN, Wolfson M, Sutfin EL. Simultaneous use of non-medical ADHD prescription stimulants and alcohol among undergraduate students. Drug Alcohol Depend. 2013 Jul;113(1-2):71-7. doi:10.1016/j.drugalcdep.2012.12.004. Epub 2012 Dec 28. PMID: 23274057; PMCID: PMC3644523.