

LEGAL HIGHS

HARM REDUCTION
INFORMATION

Remember — it's better
not to use drugs at all
— but if you do, here's how to
reduce the risks...



‘Legal’ doesn’t mean safe

Understand the risks. The packets say “not for human consumption.” Legal highs have never been tested on humans so the risks are completely unknown.

Know the law

If the police search you and find a legal high they could arrest you and treat it as an illegal controlled drug. They might find it’s illegal.

Don’t trust the label

What it says on the packet is not always what’s inside.

Avoid heatstroke

Some legal highs can cause heart problems and lead to overheating. Keep hydrated with water (no more than 1 pint of water per hour) and if you’re really worried about how you feel go to the hospital.

A pinch could be too much

Be aware of how much you’re taking. Dosages are all different even if it’s the same substance or packaging. They could be stronger than the drugs that are already well known.

Don’t use alone

If you are using then try and use with other people around – people that you know and trust.

Know your facts and ask for help

- Do your research. Find out all you can before you use any legal highs. Websites such as talktofrank.com and knowthescore.info have some very helpful information.
- There are local services in your area that can support you confidentially if you recognise that your use of legal highs is becoming a problem.
- For young people, you can get further information and support from Sheffield Community Youth Teams on the following free phone number: **0800 1388381** or you can call **0114 205 7440**.
- Or for adult services please contact the Arundel Street Project on: **0114 2721481**.

Legal highs are also referred to as Novel Psychoactive Substances (or NPS). If you hear these terms used it’s important to understand that these are the same thing.