

UPTOWN, DOWNTOWN: the Drug Handbook



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Tips for Safer Injecting



Always use a new, sharp rig every time you inject and new supplies like spoons, fresh water, and cotton. Lending or borrowing can fuck you up! Using new supplies and NOT sharing will cut the chance of getting HIV, Hep C, or an abscess.

Wash your spoon as often as you can with hot soapy water. Germs on a dirty spoon go into your veins or wreck the site.

Get your own water and don't share it! Diseases like HIV or Hep C live in water.

Use the veins in your arms and legs first! Avoid using your neck and crotch line. If you can, save a vein for medical emergencies.

Choose a different vein every time you inject. The longer the veins rest between fixes, the longer they will last. You'll also get less scarring and tracks.

Make your veins pop up! Use a tie or soak your veins in warm water to do this.

Get a good flashback of blood! Avoid misses!

Don't let the needle- point touch anything! (Table tops, fingers, cloth)

Germs
Are
Everywhere!



 **Don't lick the needle!** The germs in your mouth are the same as in your ass.

 **Try not to have anyone go second on the needle, and avoid doing the wash!** It's the riskiest kind of fixing.

 **Clean your skin with soap and water or an alcohol wipe BEFORE you fix!** If you don't, the germs on your skin will get into your body and you can get skin and heart infections.

 **Use Vitamin E or lotion to help with track marks.**

 **Use sterile/boiled water, cook properly, and filter before fixing.** You don't want pieces of drug going into your veins and causing a heart attack, stroke, or chalk lung.

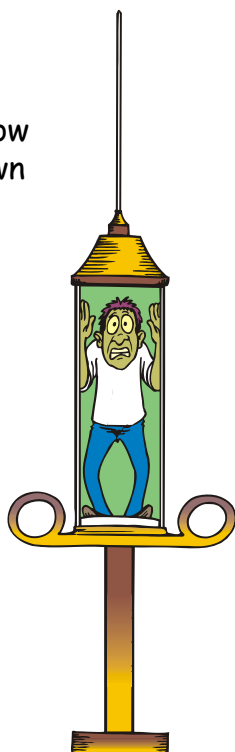
 **Don't do shakers!** Filter any pills to help avoid chalk lung.

 **Get rid of dirty rigs safely!** Don't throw them on the ground, in the sewer, or down the toilet etc... Put them in a poke proof container and take them to a safe place like the needle exchange.

 **Never use alone!** That way if anything happens, like an overdose, you can help each other out.

 **Know your source!** Buy from people you know so you can find out how strong the drug is or where it came from.

 **Freeze your filters.** Eat them later to take the edge off a comedown.



Tips for Safer Snorting



- \ Use a clean surface. This will prevent sinus infections.
- \ Switch nostrils every time. This will cut down the chance of getting an infection or causing long-term damage.
- \ Don't use rolled-up paper money. It's full of germs.
- \ Use clean tubes or straws and don't share your supplies. Sharing straws/tubes can pass Hep C or HIV.

Tips for Safer Smoking

- ✖ Use clean pipes or tubes, and don't share your supplies. You can catch infections like Hep C, HIV, cold, flu or TB.
- ✖ Be careful of how much you are putting in your pipe or tin foil cup. You can OD if you smoke too much.
- ✖ Protect your lips. Use lip balm and put a piece of rubber on your pipe.
- ✖ Chew gum. Some grind their teeth. Save yours!



Use Lip Balm



Tweaking: You will see things that aren't really there, be easy to piss off, and move around really strangely (jerky movements/weird walking).

Overdosing: It's heart attack time, or your heart will feel like it's bouncing all over the place- right through your chest - so, get to a hospital.

Nicknames

Cocaine: Coke, Vitamin C, Charlie, Snow, Dummy Dust, Flakes, Rock, Boulders, Lines, Toot, Sneeze, Powder, Dope, Soft, Hard, Blow, Coco-puff.

Crack: Rocks, Stones.

Speed: Methamphetamine, Amphetamine, Crank, Crystal, Tweek, Meth, Purple Rock, Quick, Ice.

Crystal Methamphetamine: Meth, Crystal, Geep, Ice, Glass, Sketch, Jib, Crank, Ish, Grit, Tina, Pint, Puddles, Sister, Shards, Points, Speed, Gak, Tweak.

Ecstasy: E, X, Adam, XTC, Dove, MDMA.

Cocaine:

How is it used?

You can get it as powder or rock - and it can be fixed, snorted, or smoked.

What are some of the effects?

You may have more energy, be really happy, talk more, and be more aware of things you see, hear, and touch. You can feel like nothing can take you down. You probably won't be very hungry or want to sleep very much.

Some people keep fixing over and over to keep the high. It can make them very cranky and scared. They may have panic attacks or behave violently. This can happen to new users too- not just people with experience.

Your balance may be off and you can get the shakes. You might also hear or see things that aren't really there or happening.

Coke causes big pupils, high body temperature, and heart rate. Smoking it causes a sore throat, while snorting it can make you have a stuffed or runny nose - and damage it too.



Tolerance:

The more you use cocaine, the more your body will feel it needs- and the more you'll need to get high. Some street experts say that no matter how hard you try, it's never as good as the first time.

Withdrawal:

You might feel sad, restless, and easy to piss off. Some feel sick to their stomach and puke. You might have trouble sleeping or eating, but you have to. It's important to take care of your body.



A mental habit for coke can happen when it's ALL you can think about, or you just can't feel happy without it. This is the reason it's so hard to quit. Find a doctor you trust because there are other drugs that you can take if this happens, to help you through this hard time.

Overdose:

Some ways you can guard against having an overdose is to make sure you know your dealer, take half a hit, and do it extra slow. **Remember:** your tolerance will be lower if you haven't used in awhile.

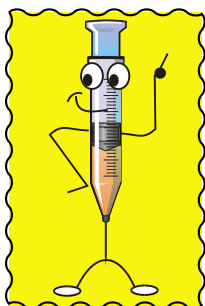
"Your world goes black, and your heart will feel like it's going to pound right through your chest." Your heart will speed up too fast and cause a heart attack or stroke.



If your buddy is OD'ing, you might notice his lips turn blue, he'll look really pale, and won't be able to talk to you. You may see him foaming at the mouth, puking, shaking, saying he has chest pain, or he may just all of a sudden fall to the ground and go unconscious. **Call 9-1-1:** just because he's overdosing, doesn't mean he will die, **if he gets the right help.**

Speedballing:

Mixing your coke with an opiate (like morphine or codeine) makes your chances for OD'ing even bigger because your body is trying to answer two different demands- Speed up (from the cocaine) and slow down (from the opiate)!



ADVICE FROM THE STREET:

Inject slowly! This may prevent you from OD'ing or getting dark spots on your skin.

Don't pick! Sometimes drugs can make you feel like you have bugs under your skin. They're not really there!

Cover the mouthpiece of your pipe with tape or rubber! This will prevent cuts or heat burns, which make it easy to catch diseases like HIV or Hep C.

Eat and get some rest! This will help with the 'crash' after using.

Other Tips



The biggest rush from snorting can last from 15- 30 minutes, smoking it can last 5-10 minutes, and injecting it can last 15 seconds to 5 minutes.

Note: the high can last up to a few hours.
Be a safe and responsible user, see Page 2-5 to see how.

Crack:

Crack is cocaine baked into a small rock.

How is it used?

Most people smoke crack. You'll get a high that lasts 2-20 minutes before a long low or crash. If fixed, the high lasts from 15 seconds to 5 minutes.

What are some of the effects?

See the section on cocaine, page 7.

What is "crack lung?"

When it's smoked, your lungs take in not just the crack, but the stuff it's been cut with (like caffeine, and other chemicals that make it light up). This is hard for your lungs to handle, so it's common that you could get asthma, coughing fits, fluid in your lungs making it hard to breathe, pains in your chest, and cough up black shit. Some of these things can damage your lungs forever.

Tolerance:

See the section on cocaine.

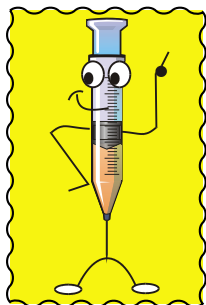
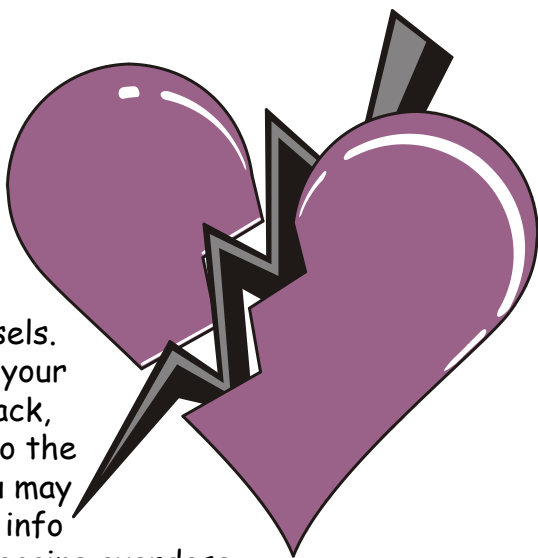
Withdrawal:

See the section on cocaine.



Overdose:

Using crack will put extra strain on your heart and blood vessels. If you feel a pain in your chest when using crack, STOP using and go to the hospital because you may be OD'ing. For more info see the section on cocaine overdose, on page 8.



ADVICE FROM THE STREET:

Take time out to cool down and drink some water! Your body temperature can get too high, making you overheat.

Eat! When you're high, your body will get low on vitamins and you can lose too much weight. This can also make it easier to catch infections and diseases.

Don't pick! Sometimes drugs can make you feel like you have bugs under your skin, but they're not really there!

If you smoke crack:

✖ **Use a glass pipe!** It doesn't get as hot as a metal pipe, have toxic fumes like plastic or cans, and can cut the amount of burns and cuts to your lips and fingers.



✖ **Clean your pipe and change your brillo/screen often.**

✖ **Use lipbalm!** If you don't, your lips can crack or burn from your pipe and you can catch diseases like Hep C and HIV.

✖ **Use a screen!** (Even if you smoke it with a brillo- so you don't breathe in burnt bits of crack).

✖ **Chew gum!** Lots of people grind their teeth after they smoke crack. Save yours!



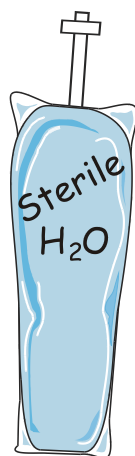
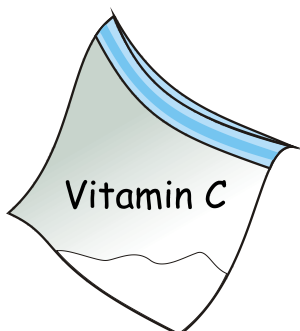
↘ **Always use a condom, even for blowjobs!** Just in case your lips are cut/burned from smoking crack- you can protect yourself from HIV or Hep C by using one.

↘ **"Cook" your brillo before using it!** To make sure all of the oils are burnt off so you don't breathe them in (you do this by holding a lighter under the brillo for a couple seconds).

If you inject crack:

📌 **ALWAYS mix your own fix!** This way you'll always know what's going into your body.

📌 **Use vitamin C with water to mix!**
It's not as hard on your veins as vinegar or lemon juice.



Other Tips



Be a safe and responsible user,
see Page 2-5 to see how!

Speed:

How is it used?

Swallowing, (takes 20-30 minutes to get high), snorting (3-5 minutes), smoking (7-10 seconds) and fixing (15-30 seconds if you inject right into a vein). The high can last up to 20 hours.

Swallowing is Safest!

Pills: white, gray, pink, or yellow.

What are some of the effects?

You will feel very awake, healthy, and feel really good about yourself- like you can take over the world.

Faster breathing, heart rate, higher temperature, blurry vision, not enough water in your body, not being able to pee, no appetite, not being able to shit or shitting too much, dry mouth, sweating, headaches, teeth grinding (until there's nothing left!), jaw clenching, depression, nightmares, not being able to sleep, and mood swings.

You may get really angry at the smallest things or feel scared. This is why sometimes people hurt others or themselves.



Sometimes speed can cause brain damage and seizures.

What is 'Speed Psychosis'? (Sy-ko-sis)

You would see or hear things that aren't really happening, or feel like everyone's out to get you - which can be really scary. It can last from hours to days.

**An example of what someone might do is "scratch at the spiders under their skin" until they have big craters.*

What is 'P' or 'Pure'?

A good way to look at it is that pure is to speed what crack is to cocaine. Smoking P causes much bigger, but shorter highs than using 'normal' speed. The problem is that while the buzz is over pretty quick, the speedy effect is not. You're actually having a comedown, but are still speeding - meaning you can be high but sad at the same time.

Tolerance:

The more you use speed, the more your body feels it needs and the more you'll need to get high.

Withdrawal:

You may feel depressed (because you're not used to being happy without it), scared, really tired (from not sleeping during the high), frustrated, or have really strong cravings for the drug.



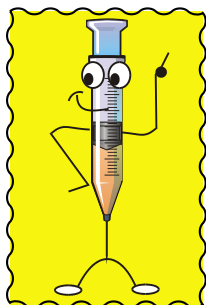
Speed is also very easy to get addicted to because it will make you feel good about yourself even if you have been feeling crappy without the drug.

See a doctor you trust to learn about things to help you with any sad or depressed feelings you have from coming down.



Overdose:

You might have seizures, shake uncontrollably, and have a weird heartbeat or high body temperature. It's important to get to a hospital to make sure that you don't have a heart attack or stroke and die.



ADVICE FROM THE STREET:

Do a tester! Don't feel like you need to keep up with your friends- if you take too much you can OD. PLUS, speed is not always the same strength!

Eat before and after! It will make it easier for your body to handle not eating while you're high, and less easy to catch infections.

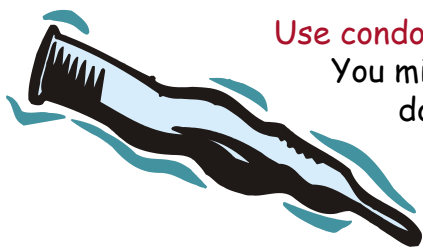
Try cutting 'pure' with glucose powder. Instead of smoking it, snort it like regular speed. The buzz lasts longer, and it's much less harmful.

No alcohol! Unless you want to have the worst hangover you've ever had.



DON'T MIX

No double hits! The longer the run, the harder the crash.



Use condoms!

You might feel extra sexy, and you don't want diseases.

Have a weak heart? Speed is hard on your heart. Try not to mix it with other uppers or don't do it at all), because this will stress your heart out even more.

No skin-popping! (When you inject into the skin, not a vein) It's easier to get an abscess, and the drug is harder to absorb.

Chew gum! Better to chew the gum than grind your teeth.

Don't use it if you're depressed. It's only a temporary fix for a bigger problem! See a doctor.

Other Tips



Speed is cut with some bad shit sometimes. It's okay to swallow it, but less safe (and hurts more) to snort and fix. If you fix it, it may form blood clots.

Crystal Methamphetamine:

"mix of laundry detergent and lighter fluid."

How is Crystal Meth different from speed?

WAY stronger.

Easier to make, get, and cheaper to buy. (The chemicals it's cut with can be bought at any local store).

It's cut with camping fuel, lye, acetone, methanol, and it also contains ephedrine (main ingredient in some cold medicines).

How is it used?

Capsule, powder, or in chunks that look like ice. It can be white, yellow, or darker (like red and brown).

Smoked ("ice" form), injected, snorted, or swallowed.

What are some of the effects?

Crystal meth is a lot like speed in its side effects, read up on it! (page 14).

The high can last from 20 minutes to 16 hours.

When you smoke or inject it, the high is almost instant. Snorting takes about 5 minutes, while swallowing takes 20 minutes (safest).



Users often sketch or worry about people following them or filming them. Users also tech out or are really into different gadgets, or cleaning and organizing things.

Tolerance:

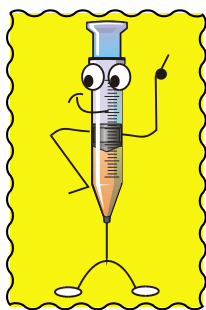
The more you use crystal, the more your body feels it needs- and the more you'll need to get high.

Withdrawal:

It's a struggle to stay clean once you get clean. See 'speed' section on page 15.

Overdose:

You might have seizures, your muscles might twitch, have a weird heartbeat or high body temperature. It's important to get to a hospital to make sure that you don't have a heart attack or stroke and die.



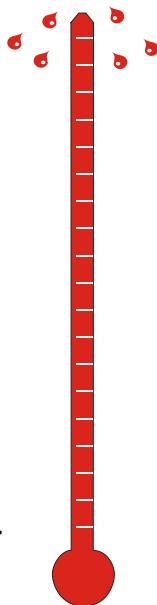
ADVICE FROM THE STREET:

Do a tester! Don't feel like you need to keep up with your friends- if you take too much you can OD. PLUS, crystal is not always the same strength!

Eat before and after! It will make it easier for your body to deal with not eating while you're high, and less easy to catch infections.

Don't take one hit right after another - the longer the run, the harder the crash.

Use condoms! You might feel extra sexy, and you don't want diseases.



Have a weak heart? Crystal is hard on your heart. Try not to mix it with other uppers (or do it at all), because this will stress your heart out even more.

No alcohol! Unless you want to have the worst hangover you've ever had.

Chew gum! Better to chew gum than grind your teeth.

Don't use it if you're depressed.

It's only a temporary fix for a bigger problem!
See a doctor.



Depressed?
GET HELP!

Other Tips



The rush and high felt from meth comes from your brain releasing a chemical called 'dopamine' which gives you that great feeling.

Ecstasy: MDMA (Methylenedioxymethamphetamine)

How is it used?

It can be swallowed, snorted, smoked or fixed.

It will look white, brown, pink or yellow and almost always comes in pill form- mostly colored and stamped with different logos like "Mitsubishi", "Chanel", "Nike", etc. (so that you can tell what it is).

What are some of the effects?

The effects start after about 20-40 minutes, and can last for 3-6 hours.

Your senses will be sharper, your mood happier, and you'll probably feel extra- sexy.

You'll feel like you have lots of energy, won't want to sleep or eat, and your heart rate and temperature will be higher. You might also get the shits or get really run down.

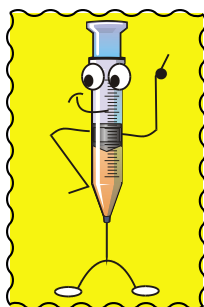
You might have blurry vision, chills and be very sweaty. You might even feel like everyone's out to get you.

If you use for a long time, you can get liver or brain damage. It can also affect salt levels in the blood, which can make you confused and have seizures. **NOTE: not all of the effects are known for this drug- so use with care!**



Tolerance & Withdrawal:

Ecstasy works by making your brain blow a whole load of happy juice all at once (called "serotonin"). Within a month of using it every week, you'll notice shorter highs and worse comedowns. All of a sudden you'll be hungry, sad, tired, and wondering where all the love went. Talk to a doctor you trust if this is a problem.



ADVICE FROM THE STREET:

Drink 2 glasses of water an hour max with salty snacks! Since your body won't have enough water and be WAY too hot- you'll need it, but E affects your kidneys, so it's not a good idea to drink too much water or you'll blow up like a water balloon.

Do a tester! You never know the strength of the pill.

Sick, dizzy, have cramps, or not sweating? You might be overheating. If it's bad, go to a hospital.

Chew gum! You don't want to grind your teeth down to nothing!

Use condoms! You'll probably feel extra- sexy, and you don't want any diseases.

Eat before and after using!
Your body needs to stay healthy.



Take breaks if you are dancing. Try for 10 minutes every hour.

Don't mix with booze! Or you'll overheat.

Never take more than 2 pills - and never at the same time. Even less if you are a woman or a small person. The longer the run, the harder the crash.

Swallowing is safest. If you're going to fix, make sure to have filters. See tips on safer injecting on Page 2.

Other Tips



Try not to drink 'Diet' Drinks because they have fake sugar in them that have a chemical that makes E more toxic.





It's common to miss or have irregular periods if using any drug. If you aren't getting it every month, it's important to get a pregnancy test done just in case!



If you're working for your drugs and you want it to stop- hook up with some help and take little steps to get better.



Working inside is safer- Try escorting, phone sex or massage parlors.



Work as sober as you can! That way you'll be able to judge your dates.



Learn to fix yourself! Then you'll be in better control.



Use condoms every time! Even with your old man.



Verbal/Physical abuse is never ok. Get help if you feel unsafe.



**TAKE CARE
OF YOURSELF!**

If you are pregnant:



If you have a doctor or nurse that you trust, you can talk to them about safer ways to use, or ways to quit if you want to.



You need to take very good care of yourself. If it's possible, try not to use drugs during your pregnancy. If you can't quit, try to cut down as much as you can. Every little bit helps!



If you stop drugs within the first three months of your pregnancy, you can increase your chances of having a healthy baby.

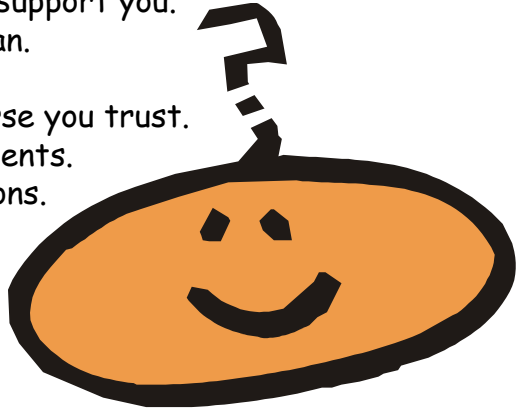


If you have HIV, there are medications that you can go on to help make sure your baby doesn't get it.



Other things you can do for yourself and baby:

- Be with people who support you.
- Eat as well as you can.
- Get lots of rest.
- Find a doctor or nurse you trust.
- Go to your appointments.
- Apply for milk coupons.



Your baby can be born with lots of problems in the way they look and the way their brain works. Some of these problems can be:

*The baby may be too small or come too early.

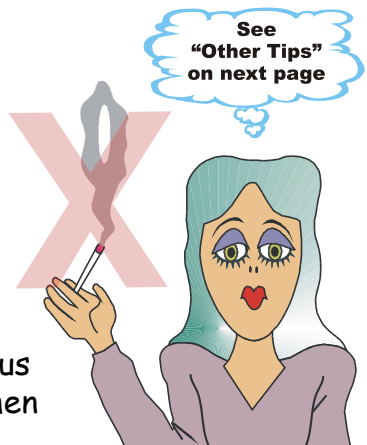
*The baby may be born addicted to drugs.

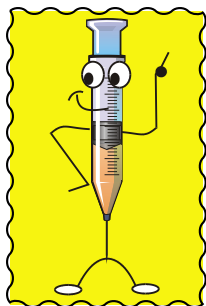
*The placenta can come away from mom's womb too early
This is very dangerous!

*You may bleed too much during the delivery.

Mother:

If you go hard with drugs while you're pregnant it can be dangerous to your body and this is a time when you need to stay healthy!





ADVICE FROM THE STREET:

Use new supplies! (clean needles/pipes/wipes/filters/etc) so that you can decrease the chance of getting infections like Hep C and HIV (and passing them on to your baby).

Use a condom while you're pregnant so you don't catch diseases.

If you're working, try not to do lays for 6 weeks after baby is born. It's easier to get infections because the birth canal isn't closed all the way yet. Do blow or hand jobs instead.

Don't inject into the veins in your breasts. If you're pregnant or breastfeeding, it can cause infections, or if you miss, it can go into your milk glands.

Try to find other ways of doing drugs other than injecting.

Bottle feed. Some drugs can be passed on to baby through the milk.

Other Tips



Most important- trust yourself. If things don't feel right, get help.

The most dangerous drugs are alcohol and cigarettes- don't drink or smoke!

People do drugs for all kinds of reasons, but sometimes to get rid of bad feelings or feelings they can't control. The street drugs seem to help for a while but it doesn't last forever. Here are some things to think about.



DON'T LET YOUR BAD FEELINGS CONTROL YOU!

1. Do you take drugs because you feel sad, lost, or numb?
2. Do you feel out of control?
3. Do you feel like killing yourself or hurting other people?
4. Do you feel so angry that you're going to explode?
5. Do you feel you have so many emotions you can't cope?
6. Do you feel anxious or panicked all the time?
7. Do you see or hear things that other people can't?
8. Do you have problems sleeping?
9. Are people out to get you?
10. Does everything you try fall apart or you can't follow through on your plans?

If you feel any of these, there may be other medications that help you feel better and are better for you.

Go see a worker you trust and tell him or her about what's happening, your history, what you're taking, and get them to connect you to a doctor that understands drug use and is non-judgmental.





Overdosing: The heart and breathing slows down and stops- Naloxone works for opiate OD, so if you see this shit going on, get the person to a hospital!

Don't mix your downers!

Always filter your pills!

Nicknames

Opiates: Codeine: T3's, T4's, T's. Dilaudid: Dillies, D's
Morphine: Reds (200mg), Greys (100mg), Peaches (60mg), Grapes (30mg), Greens (15mg), MS Contins, MO's, Downers, Peelers. Percocet/Oxycocet/Endocet: Percs, Oxy's, Grey (80mg), Yellow (40mg). Heroin: Smack, H, Horse, Number 4, China White, Bangkok, Junk, Mexican Brown.

Talwin and Ritalin: T's & R's, Poor Man's Heroin, Garbage Can, and Sets.

Benzodiazepines: Tranks, Happy Pills, BZDs, Tranx, Bennies, Benzos, V's, and Downers.

Barbiturates: Barbs, Tullies, Fires, Reds, Red Devils, Blue Heavens, Yellow Jackets, Rainbows, Christmas Trees.

Opiates (or Opioids):

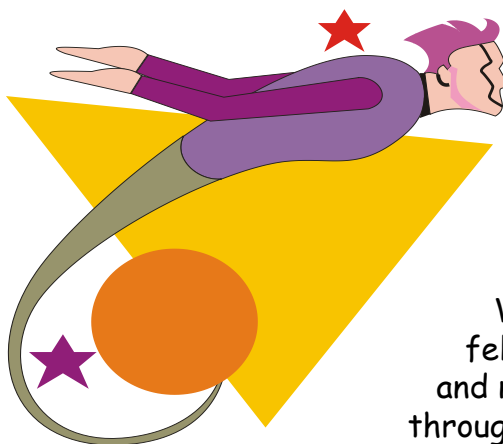
Opiates include: Opium, Codeine, Morphine, Heroin, Hydromorphone (Dilaudid), Oxycodone (Percocet), Meperidine (Demerol), Fentanyl, Darvon, Talwin.

How is it used?

By swallowing pills, fixing, snorting, or up the bum.

Heroin: Smoked or placed under the tongue.

What are some of the effects?



It depends on which opiate you use and how much you take, but the high can last 3-12 hours.

When fixed, a 'rush' is felt. You feel a body stone and no pain. Most people go through many different emotions and you feel like you are escaping reality.

You might 'nod' out, have small pupils, itchiness, can't sleep, eat more, slowed breathing and reflexes, pins and needles, twitchy, constipation, dizziness, upset stomach/puking, lower sex drive, and for women- they can have messed up periods or no period at all. Some people hear or see things that aren't really there.

Tolerance:

You build a tolerance to opiates the more you use them. That means you will need more of the drug to get a high.

Street experts say you never get the same high as the first time you used.

Withdrawal:

You might have diarrhea, body aches and shakes, goose bumps, stomach cramps, puking, bone pain, sweating, loss of appetite, trouble sleeping, dreams of using, a fast heartbeat, sneezing, and runny nose/eyes.

You will also feel spaced out and can't think. You can feel depressed and easy to piss off. Staying straight is a real mind job for a long time.



Prescribed Methadone

Going on methadone works for some people. The reason the drug is legal (if a doctor prescribes it) is because it is used to stop the cravings for other opiates, help with the withdrawal symptoms, and help you get your shit together. People find methadone hard to come off of but if you do it slowly it's not as bad. If you have questions, ask a worker or doctor you trust.

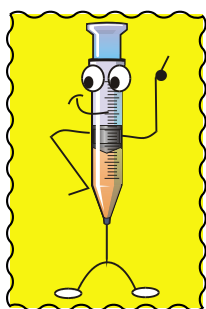
You shouldn't quit cold turkey, it should be gradual or with methadone- because it's very dangerous.

Overdose:

Your body goes "crazy" and can make you do the "funky chicken" (have a seizure) or go down. Your heartbeat slows down or stops and so does your breathing. You may have no pulse, turn blue, have cold skin and puke. If someone has these symptoms get them to a hospital - or even better **call 9-1-1** because seconds count! See Page 54.



CALL 911



ADVICE FROM THE STREET:

Scratch or wash the wax coating off, and filter before fixing peelers! Otherwise wax will get into your veins.

Take a shit before you take a hit. To not get bunged up, drink lots of water and/or juices, eat lots of fruits and veggies, and get some exercise.

Settle your stomach. Try drinking small amounts of pop, take some deep breaths, rest and if you have to puke, then do it- you will feel better letting it out rather than keeping it in.

Don't mix with other downers or alcohol! You can OD and stop breathing.

Do a tester. The strength of the drug can be different, so be careful not to use too much.

Remember you can't use as much as you used to after taking a break (like while in jail or detox). Many people OD when starting back again.

Dissolve the heroin in water. It's hard to know the strength (many people OD), if it dissolves without any chunks, then it should be ok.

Other Tips



Speedballing: Is when you mix an opiate (like heroin or morphine) with cocaine and makes your chances for OD'ing even bigger because your body is trying to answer two different demands- speed up (from the cocaine) and slow down (from the opiate)!

Street Methadone

When a doctor prescribes methadone it's safe, but if bought off the streets it's dangerous. If you use it now and then, with many days between doses, it's about as strong as morphine. You don't get much of a high from it and the high takes a long time to happen. If you use it every day for many days in a row, the level gets so high that it 'kicks-in' and is about 10 times stronger than morphine.

People overdose on methadone when they use high doses for 2 or 3 days, then the full force of it hits. Another danger is mixing it with other downers or alcohol and you can sink fast. Some street experts say it has the worst withdrawal out of all the opiates.



Talwin & Ritalin

How is it used?

Injected (by fixing).

What are some of the effects?

Talwin is an opiate (painkiller) and Ritalin is an upper. When they are mixed together, the "high" is short and you will always get a "low" feeling after, that can make you tired and depressed. This high is like the high you get from speedballing (mixing cocaine and heroin) but not as strong and not as long.

They can make you feel sick to your stomach, dizzy, shaky, constipated, not wanting to eat, can't sleep, headaches, and feeling like everyone is out to get you.

Taking high doses can make you see or hear things that aren't really there.

Tolerance:

When your body gets used to 'sets' it needs more and more of it to get the same effect. If you use them all the time, your mind and body become dependent on them.



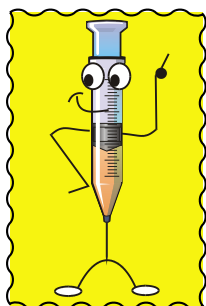
Withdrawal:

You might be easy to piss off, not able to sleep, feel sick to your stomach, and really depressed and tired. Talwin is an opiate so it has the same withdrawal symptoms (see Page 32).

Overdose:

You might puke, have muscle twitching, be confused, see things that are not real, sweat, headache, fast or pounding heart, high fever, slowed breathing, and body shakes, which can lead to coma and death.

Naloxone works for this OD. See Page 55.



ADVICE FROM THE STREET:

Always filter! Otherwise you can get chalk lung. This is when pieces of the pills, like talc or chalk, travel through your blood and get into your lungs or eyes. These pieces will scar your lungs, which will make it hard for you to breathe. If you get this, you may have to breathe using an oxygen tank for the rest of your life! The only treatment for talc lung is a lung transplant, which can be hard to get.

Another reason to filter: 4 out of 10 people who inject pills have problems with their eyes.



Other Tips



Ritalin calms down children but speeds up adults.

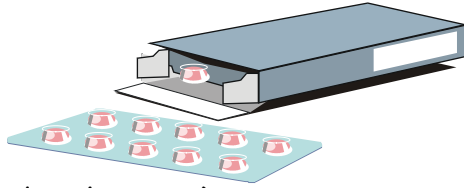
Be a safe and responsible user, see Page 2 to see how!

Benzodiazepines

Some include: Oxazepam, Diazepam, Lorazepam, and Temazepam.

How are they used?

Swallowed as a pill or liquid, or can be fixed (mixed with water).
White, blue, creamy or yellow in color.



What are some of the effects?

The high can last from 3 to 6 hours but this depends on the type of benzo used.

You will feel relaxed and calm or sleepy. Some people say they get dizzy or depressed (because it brings your mood down), or have problems remembering things.

All benzos are not the same- some are stronger than others - be careful!

Weirdly, benzos sometimes cause opposite reactions, making people wired and stressed if they take a lot. If mixed with booze, people can get very nasty.

Tolerance:

Almost no other drug causes this so quickly. If you took benzos to get to sleep every night for two weeks straight, they would be almost useless by the third week. Don't take them often if you want them to work.



Withdrawal:

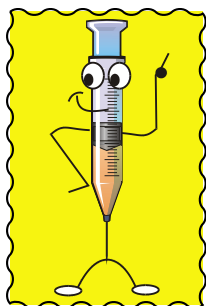
Getting addicted to benzos is very common, even if you only use them to come down off speed. Some people have become addicted to them after just two weeks.

You might get a fast heart rate, dizzy, headache, mood swings, nightmares, feel sick, can't sleep, be nervous, confused, not able to have sex (men) and less sex drive.

If you've been using benzos for a long time, you can get seizures if you stop them suddenly.

Overdose:

It's easy to OD if you mix benzos with alcohol or other downers. If you do, it's really easy to stop breathing, go unconscious, or die from choking on your own puke. If this happens to your friend, get them to the hospital!



ADVICE FROM THE STREET:

Don't mix with booze or other downers!

You'll be at a bigger risk of going unconscious, having trouble breathing, OD'ing and ending up at the morgue.

Other Tips



Be careful! Sometimes they're used to slam the brakes on a drug run or to help with withdrawal.

Be a safe and responsible user, see page 2 to see how!

Barbiturates

Some Types: Phenobarbital, amobarbital ("Tuinal"), pentobarbital, and secobarbital ("Seconal").

How is it used?

By swallowing pills and sometimes fixed.

What are some of the effects?

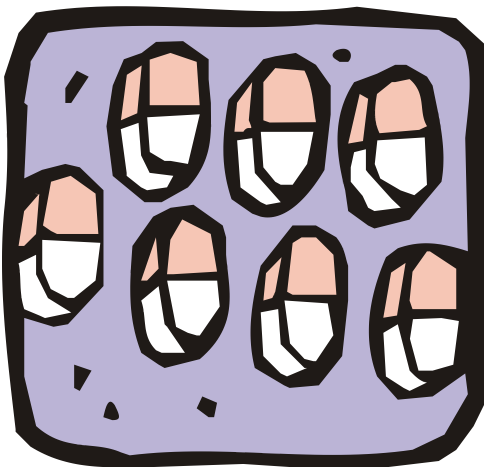
The high lasts 4 to 6 hours. You get a good feeling and then after feel very sleepy.

If you take a lot, you'll feel the same as if you drink lots of booze. You'll lose your balance, have blurry vision, talk all messed up, problems thinking, move slowly and have slow breathing. You can also feel hung over the next day. After using a long time you can become sad and easy to piss off.

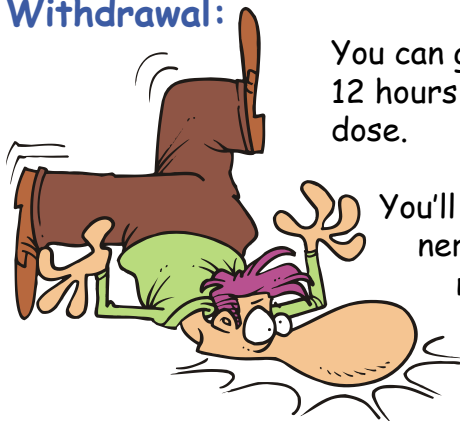
Tolerance:

You can get addicted to barbs after using them for

only a few days. Your mind and body will think it needs the drug. You'll start to need more of the drug to get the high you want because your body gets used to having it.



Withdrawal:



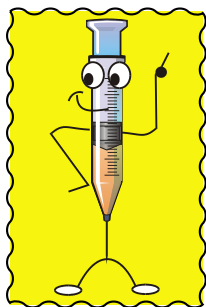
You can get seizures any time from 12 hours to one week after the last dose.

You'll feel uneasy, scared or nervous, have nightmares, not able to sleep, have muscle cramps, feel confused, and have strong cravings.

Overdose:

Taking too many barbs can cause cold, clammy skin, a weak and fast heartbeat, slow breaths, and coma. If someone has these symptoms, get them to the hospital!

Mixing barbs with booze makes the effects of the drug stronger- meaning it's a hell of a lot easier to OD.



ADVICE FROM THE STREET:

Fix safely! Barbs are very hard to dissolve and very chalky. See page 2 for tips on this.

Know what you are taking! Barbs are much stronger than benzos. Be careful when using them because they come in many different strengths. The stronger the pill, the faster the OD.

Marijuana (Cannabis)

How is it used?

Smoked and eating it in food. THC can also be in pill and spray form.

Pipes, joints, bongos and blades are ways of smoking marijuana. Water pipes and bongos use water to filter out chemicals.

What are some of the effects?

A chemical called THC (delta-9-tetrahydrocannabinol) is what gets you high, is found in the plant, but is stronger in the flowers or buds.

The high from smoking up can last 1-2 hours. You can feel relaxed, lose track of time, get the "munchies", and think that everyone is out to get you.

Smoking lots leads to lung damage, cancer, problems with learning, confusion, depression, sleepiness, no motivation, bloodshot eyes, dry mouth and throat, and a fast heart rate.

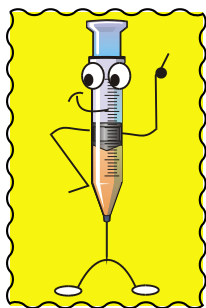
Tolerance:

Marijuana can be psychologically addictive (your brain will think you need it).



Withdrawal:

You might feel depressed, easy to piss off, have headaches, not feel hungry and crave more.



ADVICE FROM THE STREET:

Roll your own and know your source! You never know what the joint could be laced with (sometimes coke or acid- bad trip... look out!).

Use a bong to smoke it. The smoke is cooled down as it goes through the water bong so it's less harsh on your lungs and will trap more toxic shit that's bad for you to breathe.

Put a piece of rubber on the mouthpiece of your pipe or bong. If you smoke up using a joint or a metal pipe, be careful not to burn your lips!

More Info



Cannabis is a plant, "Hemp" is the stalk, and the "buds" that are dried and smoked are known as "Marijuana".

Hashish is made from liquid taken from the flower clusters and top leaves of the cannabis plant and is stronger than marijuana buds.

LSD "lysergic acid diethylamide" / Acid:

It's a drug that changes what you see, hear, and touch so that you see or hear things that aren't really there.

How is it used?

It comes on a sugar cube, in capsules, in gelatin sheets, tablets and on blotting paper (with colorful pictures)- and you eat it.

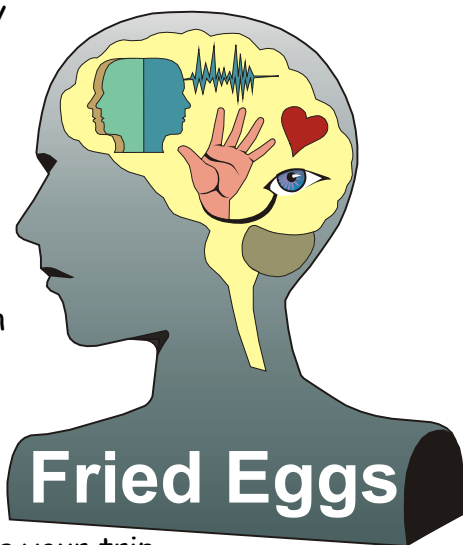
There's no color (unless you add food coloring), and there's no taste or smell- that's why it comes soaked into little tabs of paper.

What are some of the effects?

You might feel the high after 30-90 minutes and it can last up to 12 hours. There is no way to stop the effects of LSD, which can be scary to someone using it - especially if they have a 'bad trip'.

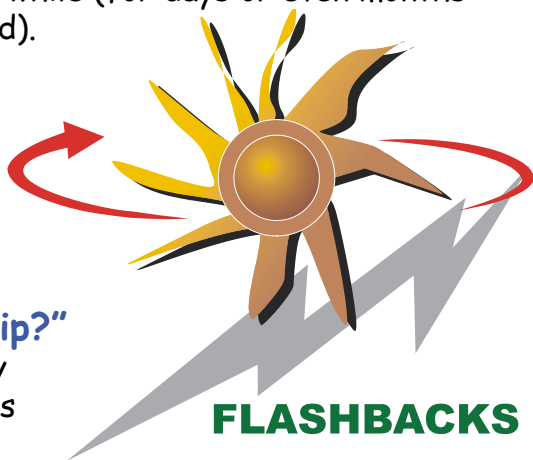
LSD fucks up the way you think and feel. You can either feel really happy or get really scared. Time can get screwed up.

After the high you might still feel a bit messed up until you get some sleep. Any feelings you had during your trip can stay with you.



If you use a long time you can get brain damage (like bad memory, short attention span, or confusion).

Flashbacks: This can happen when you feel like you're fucked- up again for a while (for days or even months after you took the acid). Sometimes the timing sucks though!



What is a "bad trip?"

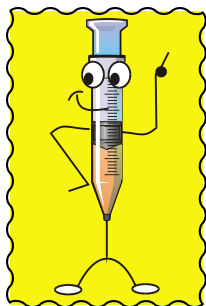
This can happen at any time with any user. It's hard to know just how scary this can be until you have one. This can last for days or even weeks.

Tolerance & Withdrawal:

This happens fast, making you need more acid to get the same high. If you use it for a few days in a row, no dose will work. If you take a break for a while it can come back. While your body won't get addicted, your brain can. If this is a problem, talk to a doctor you trust.

Overdose:

People don't die from this - but acid can still be dangerous! Some people have killed themselves after using because of all the mood swings; you can get violent- hurting yourself or others.



ADVICE FROM THE STREET:

Cut the dose! It's better to go easy than have a full on freak-out when you take it.

Be in a safe place and with a buddy you trust in case things get freaky! The higher you fly, the softer the landing should be!

Listen to some good tunes! This will help you relax and bring on a good trip.

Wait 2 hours before doing more! It can take this long to work. The drug can breakdown, so you never know how much you're taking until it's too late- like it or not, you're on your trip.

Use gloves to handle it! The acid can go through your skin and make you high.

Don't mix with other drugs! Acid is powerful and unpredictable.



Mushrooms

"Psilocybin" is the drug that makes the mushrooms 'magic.'

How is it used?

Eating it dried, fresh, baking it in something, or making tea with it.

What are some of the effects?

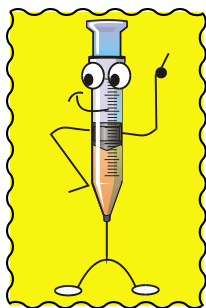
They will take about 30 - 45 minutes to work in your body and can last up to 8 hours.

You may act really weird- be a chatterbox, shout loudly, or just not know where you are. It changes the way you see, smell, hear, taste and touch (you might think you can "see" music, or "hear" colours).

You might feel like you're having a magical or religious experience.

You might feel sick, puke, have a bad headache, big pupils, and faster heart rate before the mushrooms take effect.





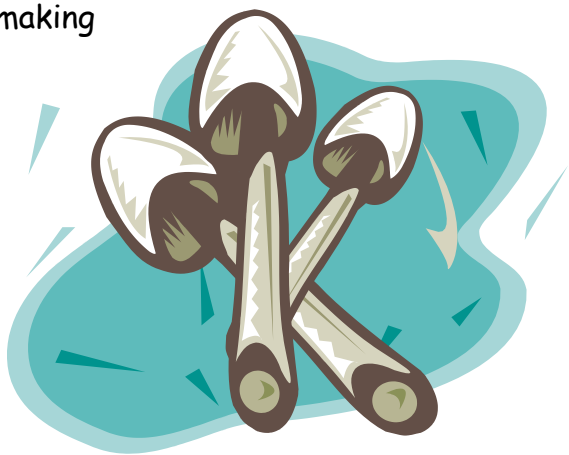
ADVICE FROM THE STREET:

Know what you're picking - One mistake could be your last! Some poisonous mushrooms look like magic mushrooms and can kill you or hurt your liver.

Be in a safe place and with a buddy you trust incase things get freaky! You can't control the trip.

Tolerance:

This happens fast, making you need more to get the same high. If you use it for a few days in a row, no dose will work. If you take a break for a while it can come back.



Withdrawal/Overdose:

There are no withdrawal symptoms from mushrooms and your body doesn't crave it. BUT you may really want to take them again because of how you felt on them (your brain thinks that you need them).

There is no dose of shrooms that is known to kill-unless of course you take the wrong kind! There are no known deaths from overdose- unless you do something stupid.

SECTION 7 Treatment and Quitting

Quitting is tough and can be very scary- but it's the healthiest thing to do. It can be really hard on your mind and body, but with a strong will, support, and patience, you can do it. You will feel bored, lonely, and depressed, but it gets easier as time goes by.

If you are smart enough to live on the streets, you are smart enough to find a new way to live. Some people quit on their own by cutting down or stopping cold turkey, and others choose detox or a treatment centre. If you go to a centre, remember that you get out of it only what you put in. There are many people who can help you. Talk to a doctor, nurse, therapist, elder, support group, or worker you trust if you are thinking about quitting.

Staying Clean?

If you fall off the wagon, get back on. Don't punish yourself- learn from it and figure out what makes you want to use, or where, with who, and try to avoid it.

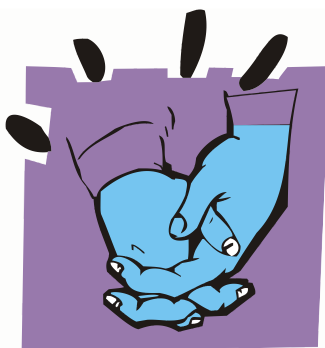
Sometimes your friends won't want you to quit, but other friends can be really supportive- stick with those that are good for you.

If you're feeling lonely, try to meet new people. You may have to find new friends, and hang out in new places.

Keep yourself busy, find something different to enjoy and occupy your time.

It's normal to still dream of using - even years later.

If you start using again, remember your tolerance will be lower.



Be careful not to just switch to a new addiction.

Abscess:

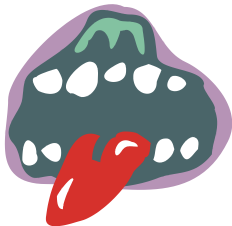
Also called a boil and happens when tiny germs get pushed under your skin- even a tiny needle can carry them into your body. This can lead to skin infections (see MRSA), or even worse, infections of the blood (called a septic infection) OR heart (see endocarditis). Fix as cleanly as possible - see Page 2.

*Remember: It's not a good idea to use someone else's antibiotics!

MRSA:

(Methicillin-Resistant-Staphylococcus-Aureus)

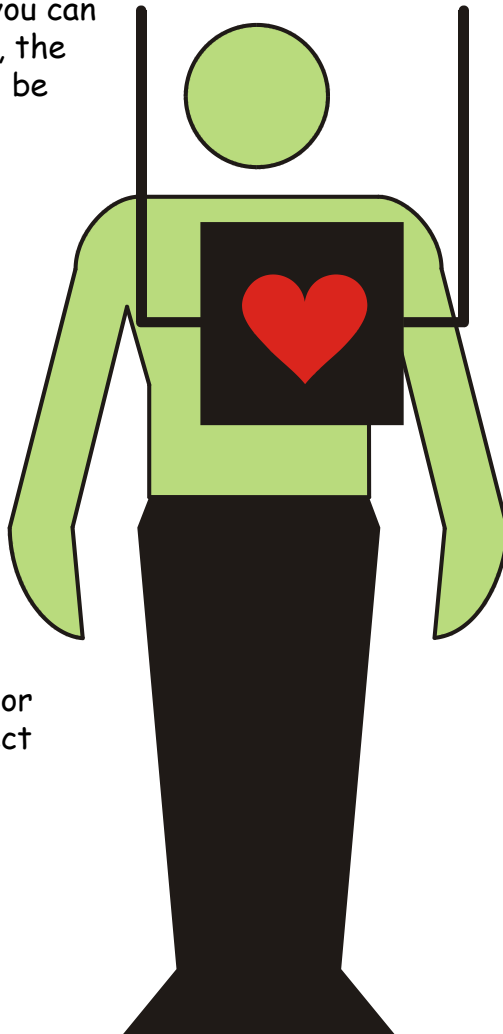
A bacterial infection that you catch (usually on your skin) from coming in contact with someone who has it, and it is very hard to treat. Why? Because it's resistant to many antibiotics. To protect yourself from getting it, make sure to wash your hands lots and keep as clean as you can.



Endocarditis:

Is an infection of the heart and can kill you if not treated. You will have a fever, night sweats or chills, coughing, shortness of breath, chest pain, swollen ankles, feel tired or weak and lose weight. You will need special IV antibiotics and can be in the hospital for a long time.

The sooner you can see a doctor, the better it will be for you.



See page 2 for tips to protect yourself.

Cotton Fever:

When you filter before fixing, and a piece of the filter or germs get into your blood. You will get a fever, have achy bones, and hot or cold chills. Rest, get something to eat, and take some ASA or acetaminophen. It usually gets better within an hour, but if it lasts longer, it could be something more serious- go to a doctor or hospital right away.



Hepatitis C:

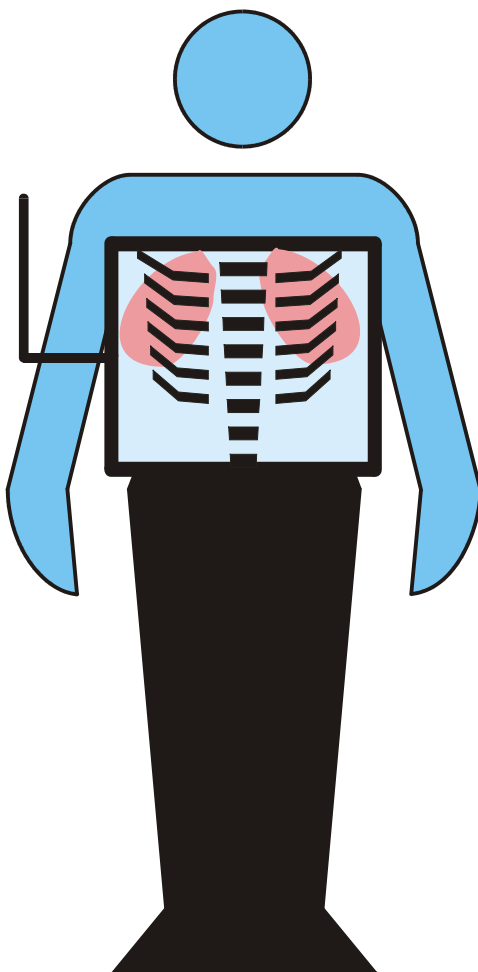
A disease that hurts your liver, and you can get it when you mix body fluids with someone who's already got it. Alcohol and acetaminophen (like T3/T4's) are the hardest drugs on your liver and can make you very sick. Also, most drugs make their way through your liver before your body can get rid of them- take care if you have hepatitis C. Why? Because the drugs can stay in your body a long time and it's easier to OD.

HIV/AIDS:

This is a virus that attacks the body's immune system, meaning your body won't be able to fight infection as well or at all. You can get HIV by mixing blood or sex juices with someone that already has it. Unfortunately, there is no cure for it- BUT there are drugs that can slow down the sickness. If you are mixing these medications with street drugs, talk to a doctor you trust because it can be easier to OD. Also, always use a condom, and for safe injecting tips - see Page 2.

Chalk Lung:

This is when you fix without filtering pills and pieces of chalk go into you and damage your lungs. Talc gets into your bloodstream and travels to your lungs, heart and brain, which can cause chalk lung or a stroke. Make sure to filter - if you don't, this can also damage your eyes!



SECTION 9 **Overdose**

Just because someone is OD'ing, doesn't mean they will die- IF they get the right help.



1. Call 911

If a person won't wake up or can't stay awake

OR

If the person has a seizure for longer than 2 minutes

OR

If the person is coughing or has trouble breathing after the seizure

OR

If the person has more than one seizure in a day

OR

If a person has chest pains.

2. Roll them into the recovery position.



This will prevent more problems like choking on puke or their tongue.

3. Stay with them if you can until help comes.

** An overdose looks different for whatever drug you take. Medical help needs to know what drug you took so they can help you better. If you can't stay with the person, write it on a piece of paper and leave it with them.

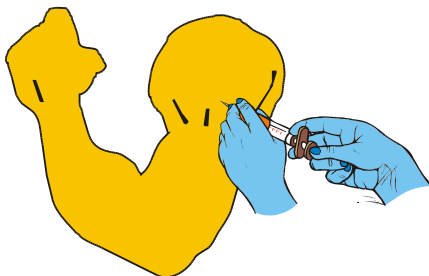


Naloxone

When someone OD's on opiates (like morphine or heroin), they stop breathing; naloxone is the drug that's given to wake them up.

Be Careful! If you have OD'd and been given naloxone, try not to take another hit because the drug you took is still in your body- you could overdose again!

In some places users are taught how to give it- check with your local needle exchange.



MY NOTES PAGE:

(Things to Remember)

This book is dedicated to the memory
of those who have gone before us...



**Natural Helpers 2005
Streetworks, Edmonton, Alberta**



www.streetworks.ca

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