

Drugs

Same day appointments

Monday to Friday

Access through **iPoint**

Workshops and support groups

See website for details

hud.ac.uk/wellbeing-disability-services

Alcohol and other drugs are powerful substances with the potential to harm those who use them or to tempt them into over-indulgence. It is not the purpose of Wellbeing and Disability Services to tell people how to behave or to label them as alcohol or drug abusers.

The University neither condones nor encourages the possession or use of illegal drugs and will take disciplinary and legal action where appropriate.

This booklet will give you more guidance on drugs and the consequences of taking them.



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Consequences and the Law

If you get caught using illegal drugs you risk fines, prison sentence and a criminal record. Possible University consequences may include disciplinary procedures and suspension from your course.

Being caught supplying a drug will get you into even more trouble.

If you need medical attention as a result of using illegal drugs, it will be noted on your medical records and may affect the service you receive from insurance and mortgage companies in the future.

What effects do drugs have?

There are four main groups of drugs:

Stimulants: amphetamines, anabolic steroids, 'poppers', ecstasy, cocaine, crack. These act on the central nervous system and can increase alertness, diminish fatigue, delay sleep. They can also cause nervousness, anxiety and temporary paranoid psychosis.

Depressants: alcohol, benzodiazepines (tranquillisers), solvents, glues, aerosols, gases. These also act on the central nervous system relieving tension and anxiety. They can impair mental and physical functions and decrease self-control.

Analgesics: pain killers, heroin, opium, pethidine, codeine. They reduce sensitivity to emotional reactions and physical pain. They can be physically and psychologically addictive.

Hallucinogens: cannabis, LSD, 'magic mushroom'. They heighten sensory experiences but may induce perpetual distortions, feelings of dissociation, elevations of mood and hallucinations.

Mixing Drugs

- Each individual drug carries its own risks and recommendations for 'safe' use. Mixing drugs, however, is unpredictable and potentially far more dangerous, increasing toxicity levels and strain on the heart.

- Mixing depressants with alcohol is exceptionally dangerous and responsible for many deaths.
- Mixing alcohol and heroin can be fatal as both depress the central nervous system.
- Alcohol is involved in most ecstasy related deaths.
- Mixing alcohol and LSD increases nausea.
- Mixing ecstasy and amphetamines puts greater strain on the kidneys and heart.

THE CLEAR MESSAGE IS IF YOU MUST USE DRUGS DON'T MIX THEM WITH ALCOHOL!

Remember

- Measure the dose accurately - when trying a new drug or new supply; start low to gauge the strength.
- Drink water.
- Tell a friend what you're taking so if there is a problem they may be able to help.
- Drugs will enhance the mood you're already in so don't expect them to improve a bad mood.
- Look out for your friends. Don't leave a club or party on your own.
- Drug use becomes a problem if it affects your relationships, your work, your pocket or your mood.
- **Never** share needles or syringes with others.

Other Useful Contacts:

Health Centre:

Tel: 01484 430386

Lifeline Kirklees

Tel: 01484 353333

National Drugs Helpline:

Tel: 0800 776600

Other useful links:

www.streetdrugs.org

www.release.org.uk

www.talktofrank.com