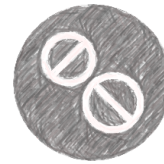




STIMULANTS



- There are many types of stimulant drugs, what they have in common is their ability to excite – or stimulate – the body's central nervous system through a release of neurotransmitters like dopamine and norepinephrine, a neurotransmitter related to adrenaline.
- Stimulants may be taken orally, as in the case of prescription pills, or snorted, smoked or injected.
- Stimulants include some prescription drugs like Ritalin, as well as drugs like cocaine and methamphetamine, as well as caffeine and nicotine.

EFFECTS

People who use stimulants report effects like:

- increasing energy, alertness and focus
- less appetite
- may feel euphoric and experience a rush of confidence.
- may display signs such as dilated pupils, sweating, increased heart rate
- and elevated temperature.
- making people feel like their thoughts are sharper and faster. They may have a lot of different ideas , and they may act giddy or restless.

RISKS

- Decreased focus by making people feel jittery, anxious and irritable, and can impair judgement and contribute to poor impulse control.
- Difficult to sleep and increase urination, leading to dehydration.
- Dangerous increases in blood pressure and heart palpitations.
- Using stimulants in excess can result in dependence.
- High amounts can lead to overheating, strokes, heart attacks which can be fatal.

HARM REDUCTION TIPS

- Know the signs of a stimulant overdose and how to respond.
- Abstinence is the most effective way to reduce the risk of harm; but if that's not for you, delaying use until at least age 18 can reduce the risks.
- If you are going to use stimulants
 - Start low and go slow - this means using a small amount and waiting for effects to occur before using any more.
 - Stay hydrated, eat food and make sure you get some sleep.
 - Avoid using stimulants with other drugs including alcohol.
 - If dancing or doing other activities - take regular breaks and cool down.
- Get your substance checked if using illicit (street) drugs.
- Use a buddy system and look out for each other.



Interior Health

Want more info on different types of stimulants? Check out Dance Safe.