

# KETAMINE >>

## WHAT IS IT?

FROM > ANAESTHETIC MADE IN A LAB  
TYPE > HALLUCINOGENIC DISSOCIATIVE  
LOOKS > A GRAINY WHITE POWDER  
TASTE > BITTER AND UNPLEASANT  
KICKS IN > WHEN SNORTED, KETAMINE  
NORMALLY TAKES ABOUT 15 MINUTES TO  
TAKE EFFECT. WHEN TAKEN ORALLY, IT WILL  
TAKE LONGER, AROUND 20 MINUTES TO AN  
HOUR.

LASTS > THE BUZZ CAN LAST AROUND FOR  
30 MINUTES TO AN HOUR, BUT THE EFFECTS  
REALLY DEPEND ON HOW MUCH YOU TAKE.



Special-K  
Vitamin-K  
Super-K  
Jet-K  
Ket  
Wonk  
Green  
Super-Acid  
K-Hole  
Donkey-Dust

## TYPES

### LIQUID >>

IT IS USED IN MEDICINE IN OPERATIONS AS AN ANESTHETIC FOR HUMANS & ANIMALS. IT IS A CLEAR LIQUID WHEN USED IN MEDICINE & IS STRONGER THAN POWDER SOLD ON THE STREET

### POWDER >>

WHEN SOLD ON THE STREET IT IS A GRAINY WHITE OR BROWN CRYSTALLINE POWDER THAT TASTES BITTER & UNPLEASANT

### PILLS >>

IT IS SOMETIMES FOUND IN TABLET FORM ALTHOUGH THIS IS LESS COMMON

## HOW IT'S USED

**SNORTING >>** AS A POWDER MOST PEOPLE WHO TAKE POWDER KETAMINE WILL SNORT IT - USERS OFTEN TALK OF TAKING A BUMP MEANING THEY SNORT A SMALL AMOUNT OF KETAMINE - SOMETIMES FROM A KEY. IN THE UK SNORTING IS THE MOST COMMON WAY TO TAKE KETAMINE.

**SWALLOWING >>** THIS IS LESS COMMON BUT SOME PEOPLE USE IN TABLET FORM

**BOMBING >>** SOME PEOPLE 'BOMB' IT - WHICH IS SWALLOWING THE POWDER WRAPPED IN A CIGARETTE PAPER

KETAMINE IS  
SOMETIMES  
INJECTED BUT  
YOUNG PEOPLE  
RARELY USE IT IN  
THIS WAY

INJECTING ANY  
SUBSTANCE IS  
EXTREMELY  
RISKY

## HOW YOU'LL FEEL

KETAMINE IS A TYPE OF GENERAL ANAESTHETIC WHICH REDUCES SENSATIONS IN THE BODY

AT LOW DOSES YOU MIGHT FEEL SIMILAR TO BEING DRUNK:

- > DREAM-LIKE & DETACHED
- > CHILLED, RELAXED & HAPPY
- > CONFUSED & NAUSEOUS

AT HIGHER DOSES KETAMINE CAN:

- > ALTER YOUR PERCEPTION OF TIME & SPACE
- > MAKE YOU HALLUCINATE [SEE OR HEAR THINGS THAT AREN'T THERE]
- > STOP YOU FEELING PAIN - PUTTING YOU AT RISK OF HURTING YOURSELF & NOT REALISING IT
- > MAKE IT DIFFICULT TO MOVE YOUR ARMS & LEGS - WHY IT IS SOMETIMES CALLED WOBBLE
- > AS IT STIMULATES THE CARDIOVASCULAR SYSTEM YOUR HEART MAY RACE

KETAMINE IS A  
VERY POWERFUL  
ANESTHETIC THAT  
CAN CAUSE  
SERIOUS HARM

TAKING KETAMINE  
CAN BE FATAL -  
PARTICULARLY IF  
IT IS MIXED WITH  
OTHER DRUGS

**we are  
withyou**  
SHROPSHIRE

# KETAMINE >>

## SOCIAL IMPACT

AFTER USING KETAMINE YOU MIGHT FEEL LIKE YOU HAVE A HANGOVER - EXHAUSTED & LOW - THIS MAY MAKE IT HARDER TO GET UP FOR WORK, COLLEGE OR SCHOOL OR TO JOIN IN ACTIVITIES YOU ENJOY

THE DISORIENTATING EFFECTS OF KETAMINE MAY MAKE ACCIDENTS MORE LIKELY INCREASING THE RISKS OF INJURY. SUBSTANCE RELATED INJURIES CAN PLACE A BURDEN ON HOSPITALS

WHEN USING KETAMINE PEOPLE CAN BECOME CONFUSED, THEIR ACTIONS & SPEECH MAY SLOW DOWN & THEY MIGHT NOT MAKE SENSE - THEY MIGHT MAKE TALK ABOUT THINGS THEY WOULDN'T NORMALLY. YOU MAY MAKE DECISIONS YOU WOULDN'T WHEN YOU'RE SOBER OR REGRET THE NEXT DAY - OR BE VULNERABLE TO EXPLOITATION (PEOPLE USING YOU)

PEOPLE CAN DEVELOP A PSYCHOLOGICAL DEPENDENCE TO KETAMINE WHICH CAN LEAD TO ISSUES IN ALL AREAS OF YOUR LIFE & MAKE IT HARD TO STOP

KETAMINE CAN IMPACT SHORT TERM MEMORY WHICH CAN MAKE IT HARDER TO CONCENTRATE IN SCHOOL, COLLEGE OR WORK

PEOPLE AROUND YOU MIGHT WORRY ABOUT YOUR KETAMINE USE - THIS MIGHT LEAD TO ARGUMENTS WITH FAMILY OR FALLING OUT WITH FRIENDS, WHICH COULD LEAVE YOU FEELING ISOLATED

KETAMINE IS ILLICIT SO USING IT RUNS THE RISK OF GETTING IN TROUBLE WITH THE POLICE. REGULAR USE CAN BE EXPENSIVE & SOME PEOPLE SHOPLIFT OR START SELLING DRUGS TO PAY FOR WHAT THEY USE

## IMPACT ON YOUR MIND

WHILST UNDER THE INFLUENCE OF KETAMINE YOU CAN FEEL:

- > CONFUSED
- > AGITATED
- > DELIRIOUS
- > DISCONNECTED FROM REALITY

REGULAR USE CAN CAUSE:

- > DEPRESSION
- > PANIC ATTACKS
- > SHORT & LONG TERM MEMORY LOSS
- > PSYCHOTIC SYMPTOMS SUCH AS HALLUCINATIONS

LONG TERM EFFECTS OF KETAMINE USE CAN INCLUDE FLASHBACKS, MEMORY LOSS & PROBLEMS WITH CONCENTRATION

KETAMINE CAN ALSO MAKE EXISTING MENTAL HEALTH PROBLEMS WORSE



## IMPACT ON YOUR BODY

SHORT TERM:

- >> INCREASE YOUR HEART RATE & BLOOD PRESSURE
- >> MAKE YOU FEEL SICK OR DETACHED - KNOWN AS FLOATING
- >> DAMAGE YOUR SHORT & LONG-TERM MEMORY
- >> CAN AFFECT YOUR VISION
- >> LOSS OF FEELING OR PARALYSIS OF THE MUSCLES - PARTICULARLY IN YOUR ARMS & LEGS. YOU CAN BE LEFT VULNERABLE TO HURTING YOURSELF OR BEING HURT BY OTHERS BECAUSE YOU DON'T FEEL PAIN PROPERLY - YOU CAN INJURE YOURSELF AND NOT KNOW YOU'VE DONE IT

LONG TERM USE CAN ALSO LEAD TO:

- >> ABDOMINAL PAIN - SOMETIMES CALLED 'K CRAMPS' WHICH HAVE BEEN REPORTED BY PEOPLE WHO HAVE TAKEN KETAMINE FOR A LONG TIME
- >> BLADDER PROBLEMS - INCLUDING URGENT & FREQUENT NEED TO PEE. THIS CAN BE VERY PAINFUL & YOUR PEE CAN BECOME BLOOD-STAINED. ALTHOUGH STOPPING USING KETAMINE CAN HELP SOMETIMES THE DAMAGE CAN BE SO SERIOUS THAT THE BLADDER NEEDS SURGICAL REPAIR OR EVEN REMOVAL
- >> LIVER DAMAGE THERE'S EMERGING EVIDENCE OF THIS FROM REGULAR HEAVY USE

## THE LAW

KETAMINE IS A CLASS B DRUG - WHICH MEANS IT'S ILLEGAL TO HAVE FOR YOURSELF, GIVE AWAY OR SELL

POSSESSION CAN GET YOU UP TO 5 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH

POSSESSION WITH INTENT TO SUPPLY SUPPLYING SOMEONE ELSE (EVEN YOUR MATES) CAN GET YOU 14 YEARS IN PRISON, AN UNLIMITED FINE OR BOTH

LIKE DRINK-DRIVING, DRIVING WHEN HIGH IS DANGEROUS & ILLEGAL. IF YOU'RE CAUGHT DRIVING UNDER THE INFLUENCE YOU MAY RECEIVE A HEAVY FINE, DRIVING BAN, OR PRISON SENTENCE

IF THE POLICE CATCH PEOPLE SUPPLYING ILLEGAL DRUGS IN A HOME, CLUB, BAR OR HOSTEL, THEY CAN POTENTIALLY PROSECUTE THE LANDLORD, CLUB OWNER OR ANY OTHER PERSON CONCERNED IN THE MANAGEMENT OF THE PREMISES

# KETAMINE >>



## IS IT ADDICTIVE?

WHILST KETAMINE ISN'T THOUGHT TO BE PHYSICALLY ADDICTIVE IT CAN BE EASY TO DEVELOP A **PSYCHOLOGICAL DEPENDENCE** IF YOU USE IT REGULARLY

PSYCHOLOGICAL DEPENDENCE IS WHEN YOU HAVE A **DESIRE** TO KEEP **USING SOMETHING** **DESPITE THE RISKS** OF HARM. WE DEVELOP HABITS LIKE THESE DUE TO THE REWARD PATHWAY IN OUR BRAINS. WE MAY FEEL **CRAVINGS** TO USE THE SUBSTANCE & FIND IT HARD TO STOP

THE EFFECTS OF KETAMINE COME ON QUITE QUICKLY & MIGHT NOT LAST ALL THAT LONG - MEANING YOU MIGHT RE-DOSE NUMEROUS TIMES WHEN USING IT. THE MORE YOU USE THE MORE YOU GET USED TO THE EFFECTS WHICH IS CALLED **TOLERANCE**

TOLERANCE BUILDS QUICKLY IF **USING KETAMINE REGULARLY** & YOU MAY HAVE TO START USING MORE & MORE TO GET THE SAME EFFECTS. IF YOU ARE DEVELOPING TOLERANCE IT IS A **WARNING SIGN** YOU MAY BE BECOMING DEPENDENT

## URINARY PROBLEMS

IF YOU USE KETAMINE MORE THAN A COUPLE OF TIMES A WEEK YOU ARE AT HIGH RISK OF **DAMAGING YOUR KIDNEYS & BLADDER**. KETAMINE IS TOXIC & YOUR BODY GETS RID OF IT THROUGH YOUR URINE - SO IT SITS IN YOUR BLADDER FOR SOME TIME

**KETAMINE-INDUCED ULCERATIVE CYSTITIS** - THIS STARTS WITH THE NEED TO GO TO THE LOO VERY OFTEN & LEADS TO PAINFUL URINATION. YOU MAY BE PRONE TO **WETTING YOURSELF** & YOU MIGHT NOTICE **BLOOD** IN YOUR PEE

ONCE THE DAMAGE IS DONE THE ORGANS DO NOT ALWAYS RECOVER - SOME YOUNG PEOPLE HAVE HAD TO HAVE THEIR **DAMAGED BLADDERS REMOVED** MEANING YOU NEED A BAG FOR YOUR PEE & ARE UNABLE TO NATURALLY URINATE

FOR **MEN** HAVING YOUR BLADDER REMOVED MEANS ISSUES GETTING AN ERECTION

THE PAIN OF THE DISEASE CAN EVEN TRIGGER FURTHER USE OF KETAMINE AS IT CAN TEMPORARILY EASE THE PAIN. IF YOU ENCOUNTER ANY OF THESE SYMPTOMS STOP USING IMMEDIATELY & **SPEAK TO YOUR GP**

## K HOLES

### K-HOLE

IF YOU TAKE TOO MUCH KETAMINE YOU MAY LOSE THE ABILITY TO MOVE & GO INTO A K-HOLE. THIS FEELS LIKE YOUR MIND & BODY HAVE SEPARATED & YOU CAN'T DO ANYTHING ABOUT IT - WHICH CAN BE A VERY SCARY EXPERIENCE

YOU MIGHT EXPERIENCE **HALLUCINATIONS & FLASHBACKS** WEEKS OR MONTHS AFTERWARDS

USING **HIGH DOSES** INCREASES THE RISK OF OVERDOSE & K-HOLES THE DISTORTIONS & LOSS OF TOUCH WITH REALITY CAN FEEL VERY REAL - USING KETAMINE CAN BE AN **OVERWHELMING & TRAUMATIC EXPERIENCE**. YOU MIGHT FREAK OUT & EXPERIENCE AN ANXIETY ATTACK OR PALPITATIONS

**SIGNS OF AN OVERDOSE>>** FEELING OR BEING SICK, CONFUSION, BECOMING FRIGHTENED, INCREASED HEART RATE OR CHEST PAIN, BEING UNABLE TO MOVE, HAVING A FIT, LOSS OF CONSCIOUSNESS

IF YOU OR YOUR MATES EXPERIENCE ANY OF THESE SYMPTOMS IT IS A **MEDICAL EMERGENCY** - CALL AN AMBULANCE & TELL THEM WHAT HAS BEEN TAKEN - GETTING TREATMENT CAN MINIMISE LONG TERM DAMAGE

## HOW IT WORKS

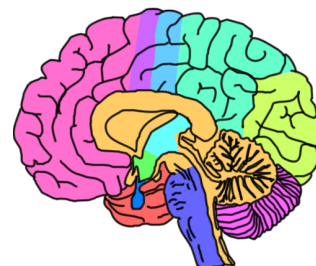
AFTER TAKING KETAMINE IT ENTERS THE **BLOODSTREAM** & CROSSES INTO THE **BRAIN** - IT ACTS ON VARIOUS PARTS OF THE BRAIN & HAS AN EFFECT ON OPIATE, SEROTONIN & DOPAMINE RECEPTORS

KETAMINE MANIPULATES THE **NEUROTRANSMITTER GLUTAMATE** WHICH ACTS ON NDMA RECEPTORS IN YOUR BRAIN & CONTROLS SIGNALS SENT AROUND YOUR BODY. KETAMINE **REDUCES THESE COMMUNICATION SIGNALS** SO THIS IS WHY YOU FEEL REDUCED LEVELS OF PAIN, HAVE LESS CONTROL OVER YOUR MUSCLES & MAY FEEL DETACHED FROM YOUR BODY OR REALITY

### MEDICAL USE FOR DEPRESSION>>

RESEARCH IS ONGOING BUT SOME STUDIES HAVE SHOWN KETAMINE CAN BE EFFECTIVE IN TREATING DEPRESSION THAT HASN'T RESPONDED TO ANTI-DEPRESSANT MEDICATION. IT'S THOUGHT THIS MAY BE BECAUSE KETAMINE MAY HELP REGULATE CONNECTIONS IN THE BRAIN.

HOWEVER HIGH DOSES OR LONG TERM USE OF KETAMINE CAN BE VERY HARMFUL SO IT'S IMPORTANT NOT TO SELF-MEDICATE WITH IT. RESEARCH CONTINUES & A SAFE WAY TO PRESCRIBE KETAMINE FOR DEPRESSION MAY BE FOUND BY MEDICAL EXPERTS IN THE FUTURE



# KETAMINE >>



**STAY HYDRATED>>** SIP WATER OR ANOTHER NON-ALCOHOLIC DRINK SLOWLY - IF YOU ENCOUNTER BLOOD IN YOUR URINE/PAIN GO & SEE YOUR GP

**PURITY>>** THERE'S NO WAY TO KNOW WHAT'S IN STREET KETAMINE POWDER UNLESS YOU CAN GET IT TESTED. EVEN POWDERS THAT LOOK THE SAME MAY CONTAIN COMPLETELY DIFFERENT SUBSTANCES OR NO KET AT ALL! START LOW - GO SLOW

**MIXING>>** ANY TIME YOU MIX DRUGS TOGETHER YOU TAKE ON NEW RISKS - MIXING KETAMINE WITH OTHER DRUGS CAN BE FATAL. USING WITH OTHER DEPRESSANT DRUGS LIKE ALCOHOL, BENZODIAZEPINES OR OPIATES IS PARTICULARLY RISKY- YOU MIGHT COLLAPSE OR PASS OUT. USING WITH MDMA OR SPEED CAN LEAD TO HIGH BLOOD PRESSURE

**SNORTING>>** CRUSH INTO A FINE POWDER & ENSURE YOU USE A CLEAN SURFACE & UNUSED STRAW - SHARING STRAWS/NOTES RISKS INFECTION. SNORTING CAN DAMAGE THE LINING OF YOUR NOSE SO RINSE WITH WATER AFTER SNORTING

**VOMITING>>** AVOID FOOD FOR A FEW HOURS BEFORE USING & STAY WITH FRIENDS WHO CAN HELP IF YOU DO END UP BEING SICK/PASSING OUT AS CHOKING ON VOMIT IS A RISK. STAYING STILL CAN HELP IF YOU FEEL NAUSEOUS

**DOSE>>** USE A SMALL AMOUNT & WAIT TO FEEL THE EFFECTS BEFORE USING MORE - THE EFFECTS CAN BE STRONG & COME ON QUICKLY SO DOING THIS KEEPS YOU IN CONTROL - ONE BIG LINE COULD LEAD TO YOU FEELING VERY UNWELL

**ACCIDENTS>>** YOU MAY HURT YOURSELF BECAUSE KETAMINE REDUCES FEELINGS OF PAIN & DISORIENTATES YOU - MOVE SHARP OR HARD OBJECTS OUT OF THE WAY. BECAUSE OF THE ANAESTHETIC EFFECTS THERE'S A RISK YOU COULD FALL ASLEEP OR HAVE A BLACKOUT

**NEGATIVE THOUGHTS>>** TAKE A BREAK FROM USING IF YOU EXPERIENCE PARANOIA, DELUSIONS OF HALLUCINATIONS - IF THEY ARE STILL THERE AFTER A FEW WEEKS SEE YOUR GP. IF YOU HAVE MENTAL HEALTH PROBLEMS IT'S BEST TO AVOID KETAMINE

**SETTING>>** DON'T USE ALONE & KEEP AN EYE OUT FOR YOUR MATES. USE IN A SAFE AREA WHERE MEDICAL HELP CAN BE ACCESSED. BE CAUTIOUS OF PEOPLE YOU DON'T KNOW AS YOU MIGHT FEEL MORE FRIENDLY & LOSE INHIBITIONS

**EMERGENCY>>** IF YOU OR A MATE STARTS TO FEEL UNWELL TAKE THEM TO A QUIET AREA TO CHILL OUT. IF THEY LOSE CONSCIOUSNESS, ARE SICK OR DON'T START TO FEEL BETTER AFTER A FEW MINUTES, CALL 999. DON'T DELAY - IF YOU LEAVE IT TOO LONG IT COULD BE TOO LATE!

**MOTIVATE YOURSELF>>** LOOK AT THE GOOD & BAD THINGS ABOUT USING KETAMINE & MAKE A LIST. REMIND YOURSELF OF THE REASONS WHY YOU WANT TO CUT DOWN

**HAVE A PLAN>>** DO YOU WANT TO CUT DOWN OR STOP COMPLETELY? FOCUS ON YOUR GOAL & HOW YOU CAN ACHIEVE IT & REWARD YOURSELF EACH WEEK - MAYBE BUY SOME NEW CLOTHES WITH THE MONEY YOU SAVE BY NOT BUYING KETAMINE

**SMALL MANAGEABLE STEPS>>** CAN YOU DELAY USING OR USE A BIT LESS. TRY ENJOYING A NIGHT OUT WITHOUT KET

**KEEP A RECORD>>** AS WELL AS KEEPING TRACK OF YOUR PROGRESS A DIARY CAN HELP IDENTIFY AREAS OF HEAVY USE WHICH MIGHT HELP YOU THINK ABOUT WHAT TRIGGERS YOU TO USE

**AVOID RISKY SITUATIONS>>** IF GOING TO CERTAIN PLACES OR HANGING OUT WITH CERTAIN MATES MAKES IT MORE LIKELY YOU WILL USE TRY AVOIDING IT FOR A WHILE. IF YOU USE BECAUSE YOU FEEL STRESSED, SAD OR ANGRY LOOK FOR HEALTHIER WAYS TO DEAL WITH THOSE EMOTIONS

**COPING WITH CRAVINGS>>** CRAVINGS DON'T LAST VERY LONG, IF YOU CAN GET THROUGH THEM THE URGE TO USE WILL PASS. DISTRACT YOURSELF WITH ACTIVITIES YOU ENJOY OR TRY SOMETHING NEW - PUT OFF ACTING ON YOUR CRAVING, IT WILL GET EASIER EVERY TIME

**WITHDRAWAL SYMPTOMS>>** YOU MIGHT NOT GET ANY BUT IF YOU DO THEY WON'T LAST LONG. TAKE CARE OF YOUR BODY BY EATING & SLEEPING WELL. EXERCISE IS GREAT FOR FILLING UP YOUR TIME & INCREASING FEEL GOOD CHEMICALS IN YOUR BRAIN

**HAVE A BACK-UP PLAN>>** BE PROUD OF ANY CHANGE YOU MAKE & DON'T BEAT YOURSELF UP IF THERE ARE BACKWARDS STEPS NOW & AGAIN. WORK OUT WHAT WENT WRONG & LEARN FROM IT. IT'S NOT EASY BUT YOU CAN DO IT!

**DON'T DO IT ALONE>>** SPEAK TO FRIENDS & FAMILY ABOUT YOUR PLAN - MAYBE YOUR MATES WANT TO REDUCE TOO & YOU CAN ENCOURAGE EACH OTHER. WE ARE WITH YOU SHROPSHIRE ARE HAPPY TO WORK WITH YOU TO HELP WITH ANY OF THE ABOVE - GET IN TOUCH



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