

## Effects of Drugs

The following table is intended only as a general guide. No one can be sure how they will react after taking a specific drug, even if they have used it before. Illicit drugs are often mixed with other substances.

If you are with someone who becomes ill or unconscious after using drugs, call an ambulance and try to find out what drugs are involved. If you find drugs on or near the person, give them to the ambulance crew. This could save a life.

Drug	Effects	Health Risks
<p><b><i>Cannabis</i></b></p> <p>Also called marijuana, hashish, hash, pot, herb, weed, grass</p>	<p>Users feel relaxed, free and open. They may become talkative or withdrawn and experience food cravings.</p> <p>Effects last two to three hours.</p>	<p>Users experience problems with memory, thinking and problem solving, loss of coordination and increased heart rate.</p> <p>Some users feel severe anxiety.</p>
<p><b><i>Cocaine and Crack Cocaine</i></b></p> <p>Cocaine also called coke, C, snow, flake</p> <p>Crack cocaine also called crack, rock, base, sugar block</p>	<p>Users can feel intense pleasure and become alert, energetic and confident. They may be talkative, anxious and paranoid.</p> <p>Effects last for five minutes to two hours, and then users feel depressed, anxious and irritable. Each time, they need more cocaine to obtain the same effects.</p>	<p>Cocaine increases breathing, heart rate and blood pressure.</p> <p>It may produce eating and sleeping disorders and violent and erratic behaviour. It can also cause respiratory problems, convulsions and cardiac or respiratory arrest.</p>