

What Support Can You Get?

If you want to speak to someone about your GBL / GHB use, or the use of someone you care about, then call us on 0800 014 9819.

The Pavilions helpline is a freephone number and is available for information and advice 24 hours a day.

You can also call directly on 01273 731 900 to book an appointment, or organise a referral.

If you would prefer to come in and talk to us in person, then you can pop into our drop-in sessions on Mon - Fri, 10am - 4pm for a coffee and an informal chat. You don't need an appointment, you can just turn up to 26 Ditchling Road or 9 The Drive. In addition there is a women-only drop in at 11 Richmond Place on Tuesdays and Thursdays 10am - 2.45pm.



We also have a dedicated LGBT worker at the service. If you would prefer to contact them directly please ring 07884 476 634.

Information, advice and other tools are available to download from our website.

Freephone 0800 014 9819

www.pavilions.org.uk

 **@Pavilions_org**



Service Commissioned
by Brighton & Hove City
Council

Ever asked yourself if you have a problem with GBL / GHB?

**Maybe it's
time to call
Pavilions on
0800 014 9819?**



#Liquid ecstasy



**Worried about
GBL / GHB?**

What is GHB & GBL?

GHB (gamma-hydroxybutyrate) and GBL (gamma-butyrolactone), are very similar drugs with sedative and anaesthetic effects. GHB is also known as 'Liquid Ecstasy'.

GHB is an odourless, slightly salty, colourless liquid from the same drug family as rohypnol and ketamine. GHB is used as a general anaesthetic in Europe. In the US, it is used to treat narcolepsy. It is also known as a date rape drug.

Legal Stuff

GHB and GBL are Class C drugs under the Misuse of Drugs Act. They are illegal to possess, give away or sell. Possession can get you up to two years in jail and / or an unlimited fine. Supplying someone else, even your friends, can get you up to 14 years in jail and / or an unlimited fine. Allowing other people to use it in your property is illegal. If the police catch someone using GHB or GBL in a club they can prosecute the landlord, club owner or person holding the party.

GBL is legal for use in industry, but it is illegal for suppliers to sell it if they believe that it will be ingested recreationally by people.

Driving whilst under the influence of GHB and GBL is illegal (and you can still be unfit to drive the day after using). You can get a heavy fine, be disqualified from driving or go to prison.

The Sexual Offences Act 2003 states that it is an offence to administer GHB or GBL, to a person with intent to overpower that person to enable sexual activity with them. This is punishable by up to 10 years imprisonment.

Why do people take GHB and GBL?

People take it because it produces a feeling of euphoria and reduces a person's inhibitions. People who use GHB also report having increased energy, feeling affectionate and sociable, mild disinhibition and enhanced sexual experience. Taking GHB can also produce hallucinations.

How do people take GHB & GBL?

GHB is taken in liquid form, though it can come in powder, tablet, or capsule form. It's normally mixed with water or soft drinks and drunk. The effects of the drug begin 10 to 20 minutes after taking it and last up to 4 hours.

The Dangers of GHB & GBL

Overdose, coma and death are real risks with GHB and GBL.

When GHB is combined with alcohol, it is especially dangerous because the combination of two depressants can lead to overdose.

You can never be sure what's in illegally produced GHB, or how strong it is, so it is very easy to overdose.

In its liquid form the strength of GHB varies, so it is very easy to take a dangerous dose of this drug.

As a date rape drug it can be slipped undetected into a victim's drink, causing dizziness, confusion, drowsiness and loss of consciousness. If you start to feel symptoms that don't make sense with what you are drinking, get help immediately.

Health risks include; nausea, loss of coordination, difficulty concentrating, and loss of gag reflex.

Illegally and badly made GHB can be dangerous and many people have burned their mouths and throats with what was essentially acid.

Warning signs of GHB overdose include:

- Vomiting
- Severe headache
- Very slow breathing and heart rate
- Withdrawal symptoms like insomnia, anxiety, tremors and sweating
- Memory loss
- Difficulty breathing
- Loss of consciousness

An addiction to GHB can develop fairly quickly, even after one weekend of severe bingeing on it, or may result from regular use over a longer period.

Cravings can be severe, with a rapid onset of unpleasant withdrawal symptoms which may include delirium, psychosis, tremor, insomnia and severe anxiety.

Harm Reduction Advice

- Use small doses.
- Only take a small amount out with you, so you're not tempted to use more than you should.
- Do not mix with other drugs, especially alcohol.
- Take it in a safe space with people you know & trust, as it will affect your concentration & coordination, leaving you vulnerable.
- Carry condoms & practice safe sex.

If someone is suffering bad effects like vomiting, convulsions, unconsciousness, put them in the Recovery Position and call for an ambulance immediately, telling them that the person has taken GHB.