

What Support Can You Get?

If you want to speak to someone about your ketamine 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 Ketamine?



#Ket belongs at the vet

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

Worried about Ketamine?

What Is Ketamine?

Ketamine was developed in the 1960s by an American biochemist called Calvin Stevens as a general anaesthetic and pain killer used to treat humans and large animals. It was first used to treat injured soldiers in the Vietnam War and is still used in hospitals and vets today.

In the early 1970s 'psychonauts' started to experiment with ketamine as a recreational drug to induced altered states of consciousness. In the early 1990s ketamine arrived on the New York and London gay club scenes as a highly effective stimulant. It is now one of the most popular club drugs in the UK.

Legal Stuff

Ketamine is a Class B Drug under the Misuse of Drugs Act. If you are caught in possession you can get up to 5 years in prison and / or an unlimited fine. If you are caught attempting to supply ketamine you can get up to 14 years in prison and / or an unlimited fine. Allowing other people to use ketamine in your house is also illegal. If the police catch someone using ketamine at a house party they can prosecute the person holding the party. Driving when high is also illegal and you can still be unfit to drive the day after using ketamine.

Why Do People Take Ketamine?

The effect of ketamine will depend on how much you take, what effect you are looking for and where you take it. People generally tend to take Ketamine either in clubs, or in quiet, relaxed places where they are looking for a more spiritual and 'trippy' experience.

Low doses taken in a club can be stimulating, with increased energy and euphoria, while larger doses in a quiet, relaxed place can provide a spiritual 'trippy' experience along the lines of the early

psychonauts, with sensations of travel to other worlds, floating, increased insight and creativity.

Higher doses can result in some users experiencing a "K-Hole" This is like a "near death experience" including buzzing, whistling sounds, travelling through a dark tunnel into a light at high speed, apparent communication with God, visions and out of body experiences. It can make you physically incapable of moving and can feel like you're completely detached from your body and surroundings. For some people this is an enjoyable effect.

How Do People Take Ketamine?

Ketamine is usually found in liquid form, as a grainy white powder, crystals or as a pill. Powder versions are usually snorted or added to drinks, but can be smoked. Liquid versions tend to be injected into a muscle or swallowed in a cigarette paper (bombed). Snorting and injecting often causes effects to come on quicker than swallowing and it can be a more intense experience although effects tend to last longer when the drug is swallowed.

The Dangers of taking Ketamine

- You can become addicted to and dependant on ketamine.
- It's is an anaesthetic and because you feel no pain, you can accidently hurt yourself and not even know it.
- The effects can leave you in a confused state and vulnerable to assault, sexual assault, traffic accidents, drowning and burns.
- Psychological effects can include anxiety, panic attacks, depression, flashbacks, insomnia, nightmares, paranoia, delusions, hallucinations, and unpleasant feelings of being unreal or that the world is unreal. These can be long term effects.
- Short-term physical effects can include loss of coordination, difficulty speaking, trouble moving, loss of hearing, unable to see,

nausea / vomiting, racing heart and breathing problems

- Long-term physical effects include bladder \ kidney problems such as an increased need to pee, peeing blood, and pain when you pee due to scarring and shrinkage of the bladder. This can be really painful and is sometimes called "k-pains" or "ketamine cramps". Some people have had to have their bladders completely removed.
- There can be an impact on brain function especially around memory and problem solving.

Harm Reduction Advice

Ketamine can be a really nasty drug, but if you insist on using it, here are some bits of advice to keep you safer:

- Alternate nostrils if snorting and clean your nostrils after each session to minimise damage.
- Avoid using in clubs if you're an inexperienced Ketamine user or you intend taking larger amounts as 'K-holes' can be a really frightening experience.
- Don't swallow the drip you may get at the back of your throat after taking Ketamine as this can cause long term stomach problems.
- Avoid mixing with other drugs especially downers such as alcohol or benzo's as the effects are unpredictable and you may be more likely to overdose, it could even slow the body down and stop organs functioning.
- Keep properly hydrated to try & minimise bladder problems.
- Try and take long breaks (ideally 2 weeks) in between using sessions so that your tolerance doesn't increase quickly and your body (and bladder) has a chance to recover.
- Carefully measure and manage your dose. Give the dose time to take effect before taking any more.