

What Support Can You Get?

If you want to speak to someone about your mephedrone 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 Mephedrone?



#meow meow

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

Worried about Mephedrone?

What is Mephedrone?

Mephedrone (also known as White Magic, Miaow, Meph, Meow Meow, MC, M-Smack, M-Cat, Drone, Charge, Bubble, Bounce and 4-MMC) is a stimulant that is closely related to amphetamines like speed and ecstasy. It is usually sold as a white, off-white or yellowish powder, but may also appear in pill or capsule form. It was one of the first major legal highs sold over the internet as a 'legal' alternative to drugs like speed, ecstasy and cocaine.

Legal Stuff

Mephedrone became a Class B drug in 2010 under the Misuse of Drugs Act. It's illegal to possess it, give it away or to sell it. Possession can get you up to five years in jail and/or an unlimited fine. Supplying someone else can get you fourteen years in jail and/or an unlimited fine.

Allowing other people to use it on your property is also illegal.

Driving whilst under the influence of Mephedrone 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.

Why do people take Mephedrone?

People take mephedrone because it has effects similar to ecstasy, cocaine or amphetamines (speed). You get feelings of excitement, euphoria, alertness, be more talkative and some people temporarily feel strong affection to those around them. It can also reduce your appetite, so you don't feel hungry.

How do people take Mephedrone?

Mephedrone comes in powder, tablet and capsule form. It is normally sold in bags or wraps as a white / off-white / yellowish powder.

Most people snort lines of Mephedrone like you would cocaine, or wrap in paper and swallow it (bombing). It can also be swallowed as capsules or pills and can also be smoked. There are increasing reports that injecting (slamming) Mephedrone is becoming more common. One of the main features of mephedrone is the strong compulsion to re-dose.

The Dangers of Mephedrone

There isn't much evidence about mephedrone and its long term effects as it's quite a new drug, but because it is similar to speed and ecstasy the long term effects may well be similar. There have been reports of people hospitalised due to the short-term effects. Also, you can never be entirely sure that what you're buying is actually mephedrone and not something else.

The main effects and risks include:

- Feeling sick
- Palpitations & dizziness
- Mephedrone can overstimulate your heart, circulation and nervous system, with risk of fits
- Rashes & unusual skin discolouration
- Abnormal body odour
- Teeth grinding
- Muscle twitching
- Sleep deprivation & insomnia
- Poor concentration
- Headaches
- Short term memory loss
- Blood circulation problems
- Strange changes in body temperature
- Severe nosebleeds after snorting and pain & swelling in the nose & throat
- There have been reports of narrowing of blood vessels, including tingling and numbness in the arms, hands, legs & feet with a possible risk of damage to the heart
- **Mental Health:** Depression, suicidal thoughts, psychosis, anxiety & paranoia

- **Injecting:** Injecting mephedrone is really dangerous, because it's much easier to overdose. Poor injecting practices can cause damage to veins & arteries, and may cause ulcers and gangrene. Hepatitis and HIV/AIDS infections can be spread by sharing needles or other injecting equipment
- **Death:** There were six deaths involving mephedrone reported in 2011 in England and Wales

Harm Reduction Advice

- Do not mix with alcohol or other drugs
- Try not to inject, but if you do, visit your nearest needle exchange, use clean needles and never share your equipment
- Swallowing is the safest way to take it, but it can damage the lining of the throat and stomach, so if you are going to swallow it then use a capsule or cigarette paper.
- If you snort it, flush your nose with clean water, and make sure you use your own straw or note. Don't share them with anyone else
- It can cause the body to dehydrate and overheat, so make sure you drink water or soft drinks regularly
- Don't forget to eat - it suppresses the appetite so eat before and after using
- Get plenty of sleep & rest
- Use in a safe environment with people you know and tell someone you are with what you are taking. Don't take it when you're alone
- Take a small amount and wait. Don't take more because you can't feel anything happening. Give it time to take effect
- Decide how much you are going to need and try and stick to it. Only carry what you are going to use.
- If you start to feel unwell go to the chill-out area and take a break, sip some water. Take someone with you who can keep an eye on you. If you start to feel worse, get medical attention immediately and tell them what you have taken.