

Common Illicit Drugs

Cannabis

Physical Effects

- Appetite shifts
- Ingestion of coal tars into the lungs when smoked
- Energy loss
- Impaired judgment and skills for up to 24 hours

Mental/Emotional Effects

- Short-term memory loss
- Paranoia, hypersensitivity
- Loss of motivation and drive

Cocaine Products

Physical Effects

- Stimulate the central nervous system
- Cause an adrenaline rush
- Elevate blood pressure and heart rate
- Constrict arteries to the heart
- Lead to deterioration of membranes of nose and lungs
- Cause heart attacks, liver damage and/or brain damage
- ONLY ONE USE CAN CAUSE DEATH!
- A cocaine "high" lasts only about 5 to 20 minutes
- Cocaine and especially crack cocaine are highly addictive
- Users need more and more cocaine each time they want a "high"

Mental/Emotional Effects

- Euphoria
- False confidence
- Intense desire for more as effects wear off
- Severe mood swings and irritability

Amphetamines

Physical Effects

- Countermeasure to fatigue
- Raises blood pressure, heart rate
- Lasts up to 12 hours
- Decreases appetite
- Can cause dizziness, fever, convulsions, blurred vision, loss of coordination
- Long-term use can cause acne, malnutrition and frequent illness
- Highly addictive

Mental/Emotional Effects

- Cycles of highs and lows
- Restlessness
- Irritability
- Anxiety
- Panic
- Meth or ice users often exhibit violent or bizarre behavior

Opiates

Physical Effects

- Drowsiness
- Lowered breathing
- Constricted pupils
- Nausea
- Effects often last up to 12 hours
- Withdrawal can be severe and painful with cramps, chills and fever

Mental/Emotional Effects

- Euphoria
- Confusion
- Mood swings
- Impaired thinking
- Lessened self-care

Phencyclidine (PCP)

Physical Effects

- Shallow, rapid breathing
- Increased blood pressure and heart rate
- Elevated temperature
- Loss of balance and slurred speech
- Convulsions
- Brain damage

Mental/Emotional Effects

- Depression
- Detachment
- Disorientation
- Hallucinations or delirium
- Mania
- Memory loss

Ecstasy (MDMA)

Physical Effects

- Spikes in body temperature
- Heart rate changes including irregularity, heart attack and stroke
- Muscle tension, involuntary teeth clenching
- Nausea
- Blurred vision, rapid eye movement
- Faintness, chills or sweating
- Sleep deprivation
- Decreased awareness of bodily functions and needs

Mental/Emotional Effects

- Euphoria followed by depression
- Enhanced self-confidence
- Increased energy
- Loss of inhibition
- Sense of "closeness" with others
- Hallucinations (distortions of time, perception, sense of touch)
- Memory deficits
- Confusion or inability to concentrate
- Sleep problems
- Severe anxiety, paranoia or depression
- Effects may occur during and sometimes weeks after ingestion (in some cases, psychotic episodes)