

WHAT'S IN YOUR VAPE?

Vaping products claiming to be cannabis / THC are illegal Class B drugs. Therefore there is no regulation, so it is impossible to know what they contain and what the effects will be.

**YOUNG
PEOPLE'S
DRUG & ALCOHOL
SERVICE**

WE SUPPORT AND LISTEN



Somerset Drug & Alcohol Service

**TURNING
POINT**



Know the Risks

There have been incidents where young people have become unwell after intentionally vaping liquids that they believed contained THC (the psychoactive compound found in cannabis), but unknowingly contained a more harmful synthetic drug known as Spice. This is much stronger and produces more negative side-effects that can require hospitalisation.

The best way to avoid any risk of harm is to avoid using illicit vaping products.

There is always a risk with taking drugs, but if you are going to try them, follow some simple harm reduction advice:

- Start low, go slow
- Don't inhale deeply on cannabis/THC vapes
- Try not to use alone
- Look after your friends
- Don't be afraid to call 999
- Use 'What 3 Words' to identify your location
- Avoid mixing drugs including alcohol

Always call 999 if you are worried

Signs of an Overdose

- loss of consciousness
- breathing difficulties
- seizures
- high temp (over 38.5°C)
- severe chest pains
- vomiting

Spice overdoses

symptoms can include:

- twitching or jerking movements
- fully dilated pupils
- shivering

Got Questions? Worried about Your Substance Use?

Talk to us for free & in confidence:

0300 303 8788 (24hr - helpline)

SDAS@turning-point.co.uk

www.turning-point.co.uk/somerset (online referral)