



# Alcohol



**Alcohol** is a common and legal addictive substance. Alcoholic beverages include beer, wine, cider, liquor, hard seltzer, and some kombucha. It is important to know that alcohol is an active ingredient in cough medicine and some mouth washes.



**Other names include booze, brewski, or cold one.**

**Drinking alcohol** can make you feel open, connected, and less reserved, making it attractive for people who are shy or have trouble socializing. However, alcohol can make you do and say things you regret later.

Alcohol impacts our mental health, and continued drinking can cause health problems, including permanent tingling and pain in your fingers and toes, cancer, liver disease, and brain damage.

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# Benzodiazepines



**Benzodiazepines**, or benzos, are drugs used to relieve anxiety and muscle spasms. Some commonly prescribed pills are Valium<sup>®</sup>, Xanax<sup>®</sup>, Halcion<sup>®</sup>, Ativan<sup>®</sup>, and Klonopin<sup>®</sup>. Benzos are often swallowed or crushed into a powder and then snorted or injected.



Other names include K-pin, super valium, Zannies, or ladders



Can be laced with fentanyl. If so, Narcan can be used to reverse an overdose.

**Benzos** relax the nervous system, leading to sleepiness, dizziness, confusion, and extreme muscle weakness. However, 'benzos' can lead to aggressive behavior, "lashing out," suicidal thoughts, and disturbing dreams. Over time, benzos can cause weight and memory problems and make you feel dull, slow, and disconnected from your emotions.

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# Cocaine



**Cocaine** is *highly* addictive and comes from the leaves of the coca plant. It often comes as a white powder that is snorted or injected. It can also look like a crystal rock that is heated and smoked.



Other common names include **blow, bump, coke, crack, or snow**



Can be laced with fentanyl. If so, Narcan can be used to reverse an overdose.

**Cocaine** may make you feel good in the short-term. However, once it wears off, you feel terrible - achy, weak, dizzy, and depressed. Some people even vomit.

To avoid feeling sick and emotionally low people often take more cocaine. This creates a harmful cycle where you gradually need more and more of the drug just to feel normal. Cocaine may also cause random nosebleeds, problems breathing, severe anxiety, paranoia, and deep depression.

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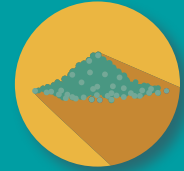


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# Kratom



**Kratom** is a legal addictive substance. It comes from the leaves of a plant in the coffee tree family. It appears as raw plant matter in capsule or powder form. Kratom is often mixed into food and drinks or brewed as tea. It is also available in a liquid that can be swallowed.



Other names include thang, kakum, thom, ketum, or biak

**Kratom** gives you energy and makes you feel happy. Some people use Kratom to manage pain, alleviate anxiety and depression, and manage opioid withdrawal. However, kratom products can contain toxic ingredients, including heavy metals and harmful bacteria. Kratom can also cause seizures, dangerous spikes in blood pressure, and other health problems.

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# LSD (Acid)



**LSD** is a hallucinogen. It is a clear (or white), odorless, and tasteless material that comes as a pill or liquid that can be swallowed, injected, or soaked onto paper and absorbed through the lining of the mouth.



Other names include blotter acid, dots, mellow yellow, golden dragon

**LSD** can cause positive and negative experiences dependent on the amount taken and how your brain responds. During a good experience, someone may feel the sensation of floating, disconnection from reality, extreme joy, or feel superhuman. During a bad experience, someone may have terrifying thoughts and scary hallucinations. Also, taking LSD over time, can result in serious side effects, like hard-to-manage anxiety, depression, schizophrenia, and flashbacks of past experiences on the drug.

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# Marijuana



**Marijuana** can be smoked, or consumed as a gummy, candy, food, drink, or tablet. Medicinal and recreational marijuana is legal in some states but is still illegal on a federal level.



Other names include weed, mary jane, pot, herb, or ganja



Can be laced with fentanyl. If so, Narcan can be used to reverse an overdose.

**Marijuana** can help with relaxation and relieve insomnia and pain. However, it can cause brain damage. When teens use marijuana, the drug can make it challenging to think, recall information, and learn new things. Marijuana has been linked to other mental health problems, such as depression, anxiety, and suicidal thoughts among teens.

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# MDMA (Ecstasy, Molly)



**MDMA**, also known as ecstasy or molly, is a lab-made drug that often comes as a pill or capsule, which is swallowed or crushed and snorted. It can also appear as a liquid which is swallowed.



Other names include XTX, E, X, beans, and adams

**MDMA** causes an intense sense of pleasure, higher levels of energy, and changes in senses (like increased enjoyment from touching). However, MDMA can also result in extreme muscle cramps, involuntary teeth clenching, blurred vision, dehydration, and overheating.

Overheating is the primary cause of death from MDMA. Taking MDMA in combination with other drugs, like alcohol, can increase this risk.

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# Opioids



**Opioids** are a group of *highly* addictive drugs. They can either be prescribed for pain relief (like vicodin or percocet) or appear as street drugs, like heroin. Opioids are commonly taken as a pill or crushed into a powder and then snorted or injected.

**Synthetic opioids**, like fentanyl, methadone, and codeine, are *highly* addictive drugs that appear as pills, liquids, patches, lozenges, powder, and drops on blotter paper. Many are made illegally and are secretly added to other drugs.



Other names include happy pills, oxy, percs, vikes, dance fever, monkey, captain cody, or downers



Narcan can be used to reverse an overdose.

**Opioids** cause a short-term surge in feelings of pleasure and pain relief. However, once they wear off, you can feel achy, weak, dizzy, depressed, and sick to your stomach. Some people even have diarrhea.

To avoid this “crash,” people often take *more* opioids. This causes a pattern of addiction, where you will need more and more of the drug just to feel normal. Opioids may cause severe itching, deep depression, and hard-to-manage anxiety.

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# Methamphetamine



**Methamphetamine**, or meth, is a highly addictive drug that can appear as white, clear or other colored rocks. It can also be in the form of a pill, white powder and glass pieces. Meth can be smoked, snorted, swallowed, and injected.



Other names include ice, chalk, crank, or crystal meth



Can be laced with fentanyl. If so, Narcan can be used to reverse an overdose.

**Meth** quickly floods the brain with chemicals that make you feel euphoric and energized. At first, you might feel “hyped up,” but your high can quickly turn as you start to feel like your heart is beating so fast it might explode. Over time, using meth can cause permanent brain damage, intense itching (leading to skin sores from scratching), tooth loss, and seeing and hearing things that are not there.

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# Magic Mushrooms (Shrooms)



**Magic mushrooms** are a hallucinogen that look like ordinary mushrooms. They can also come as dried powder in capsules. Magic mushrooms can be eaten, cooked, or brewed into a tea. The dried version is sometimes smoked or mixed with marijuana or tobacco.



Other names include shrooms, mushies, caps, or boomers

During some experiences with magic mushrooms, someone may feel joyful and see, feel, and hear pleasant things. During a bad experience, someone may have scary hallucinations and feel extremely anxious. People may also do dangerous things they would never normally do, like jump off a roof or act on suicidal feelings. As with any illicit substance, it is important to never use magic mushrooms alone to reduce risk of adverse hallucinogenic reactions.

Some people who use magic mushrooms experience random flashbacks of bad experiences. Flashbacks can happen years after the drug was last taken, and they may be triggered by stress, sleepiness, or another drug.

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