

SUBSTANCE MISUSE EDUCATION AND PREVENTION

GHB (GAMMAHYDROXYBUTRATE)

also known as: GHB, GBH, LIQUID ECSTASY, EASY LAY,
CLEAR X, GAMMAH OH, LIQUID DREAM



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

GHB is a colourless liquid and is sold in small bottles or capsules.

GHB is swallowed; it tastes salty but it has no smell.

It was originally used as an anaesthetic

WHAT THE LAW SAYS:

- GHB is a class C drug.
- Illegal to have, give away or sell.
- Possessing GHB can get you up to 2 years in jail.
- Supplying someone else with it can get you up to 14 years in prison



THE EFFECTS:

- GHB works very quickly and makes you feel tired and relaxed. It can also make you feel euphoric.
- It acts like a sedative or anaesthetic and can last up to 24 hours.

THE RISKS:

- If you take too much GHB your muscles might stiffen up, you could vomit, collapse or even have a seizure.
- GHB can really burn your mouth if it is not produced properly.
- It is extremely dangerous if you take GHB with other drugs or alcohol. It can lead to overdose and unconsciousness.
- You can become physically and psychologically dependent on it.
- It is difficult to know how much GHB you can safely take. If you take too much, it could lead to a seizure, unconsciousness or a coma.
- The long-term effects of GHB are not yet really known.
- GHB is sometimes used to spike drinks, and can lead to unconsciousness and memory loss.

PLAY IT SAFE:

GHB is sometimes used to spike drinks. Look after yourself by keeping your drink with you at all times, don't accept drinks from strangers and stay close to your friends or people who you trust. You can also read our leaflet on Spiked Drinks for further information.

Drugs can severely damage your physical and mental health. They can get you into trouble with the law and even kill you. But if you do decide to use drugs, reduce the risks by finding out as much as you can about the effects, risks, etc, and then decide if it is really worth it.

If you do decide to use drugs, keep these points in mind:

- If you're dancing wear light clothing.
- The smaller you are the less drugs you need to get the same effect, but where you are and the mood you are in will also affect the way you'll react.
- Don't score off strangers; poor quality drugs can give you bad trips.
- Mixing drugs and alcohol can be fatal.
- Never drive if you have had drugs.
- Always carry a condom; never risk unprotected sex.



FIRST AID

If your mate collapses, call 999

Get help to put them into the recovery position

Tell the medics what they have taken

IT COULD SAVE THEIR LIFE

(N.B. Police do not automatically attend all cases of overdose which are reported to the ambulance service)

**PAN FYDD YN LLAI
PWYSIG NA 999**



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**WHEN IT'S LESS
URGENT THAN 999**