

SUBSTANCE MISUSE EDUCATION AND PREVENTION

KETAMINE

also known as: K, GREEN, SPECIAL K, SUPER K, VITAMIN K



Protecting and Reassuring



Amddiffyn a Thawelu Meddwl

WHAT IS IT?

- Ketamine is a powerful anaesthetic.
- It has painkilling and psychedelic effects.
- It comes in tablet form, or as powder snorted up the nose.
- Vets use a very similar drug when they operate on animals.

WHAT THE LAW SAYS:

Ketamine is a Class C drug, which means that it is illegal to either possess or supply it.

Possession can get you up to 2 years in prison and an unlimited fine.

FACT: Passing drugs amongst friends is 'supplying' in the eyes of the law.

FACT: Supplying someone else with it can get you life imprisonment and/or an unlimited fine.

FACT: A drug conviction could stand between you and your ideal job.



THE EFFECTS:

- Ketamine can create an “out of body” experience. This will make you feel like your mind is separated from your body.
- It can make you feel detached from yourself and others around you.
- You may experience numbness, nausea and vomiting and / or experience strange body movements or be physically unable to move.

THE RISKS:

- As Ketamine numbs the body you risk serious injury without feeling pain.
- The effects can be very alarming which will feel worse if you are already feeling anxious or depressed.
- Excessive doses carry a small risk of breathing problems or heart failure.
- Ketamine is very dangerous when mixed with alcohol or other drugs.
- The long-term effects of recreational use of Ketamine are still not really known.

PLAY IT SAFE:

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**



101

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