

STIMULANTS

Drugs that stimulate the brain, speed up both the mental and physical processes. They increase energy, improve attention and alertness, and elevate blood pressure, heart rate and respiratory rate. They decrease the need for sleep, reduce appetite, improve confidence and concentration, and lessen inhibitions.



COMMON STIMULANTS:

- Cocaine & Crack
- Methamphetamines
- Diet Aids
- Amphetamines
- Ritalin
- Adderall



PHYSICAL EFFECTS:

- Restlessness
- Body Tremors
- Excited
- Euphoria
- Talkative
- Dilated pupils
- Exaggerated Reflexes
- Bruxism
- Extreme weight loss
- Severe dental problems ("meth mouth")
- Intense itching, leading to skin sores from scratching
- Anxiety and or confusion
- Sleeping problems
- Violent behavior
- *Paranoia*—extreme and unreasonable distrust of others
- Anxiety
- *Hallucinations*—sensations and images that seem real though they aren't

METHODS OF INGESTION:

- Inhaling/smoking
- Snorting
- Swallowing (pill)
- Injecting the powder that has been dissolved in water/alcohol

COMMON SIGNS OF USE:

- Relationship problems
- Mood swings
- Trouble with the police
- Changes to eating patterns leading to poor nutrition
- Reduced interaction with family
- Unexplained need for money
- Declining school/work performance
- Sleep disturbance
- Explosive outbursts
- Sudden change of friends

OVERDOSE EFFECTS:

- Hyperactivity/sweating
- Difficulty passing urine
- Shaking/trembling/spasms
- Rapid breathing/feeling that you can't breathe
- Chest pain/pounding heart
- Raised temperature
- Disorientation
- Paranoid, delusional, irritable, anxious or psychotic behavior
- Severe Headache
- Convulsions

Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation.