

Drugs

There are many different types of drugs including prescription and recreational.

A drug can be described as a substance taken for its narcotic or stimulant effects.

When someone is dependent on drugs they may experience a difficulty controlling their use or spending a lot of time involved in drug use and less time on other things in life.

Various things influence how a person is affected by the drugs they take. Some of these things include:

- A person's size, height and weight
- Diet
- Whether other drugs have been taken
- The way the drug is taken
- The environment where you are taking it

Mixing recreational or prescription drugs with alcohol is extremely dangerous. Some users of drugs experience what is known as a 'Come Down'. It is also referred to sometimes as 'Crashing'. This experience can be triggered by numerous different drugs and some people seem more susceptible to this happening. The users will experience a dramatic worsening of mood as the peak effects wear off. This is caused by both physiological and psychological factors.

Physiologically, all the chemicals in the drugs that make you feel 'happy' and full of energy, have been absorbed or used up by the brain resulting in headaches, dizziness, nausea, sweating, insomnia or excessive sleepiness.

Psychologically, your mood becomes low because you are coming down from an experience and don't want the feelings to go. Due to this some users find themselves re-dosing in order to put off the come down. Once a person 'comes down' from a drug they can be left with feelings of paranoia, anxiety or depression and can sometimes experience hallucinations or psychosis.

Where can I find out more about drug abuse and support?

Drugs and Alcohol Northern Ireland

www.drugsandalcoholni.info/alcohol/

NIDacts

Northern Ireland Drugs and Alcohol Services Directory

www.services.drugsandalcoholni.info/

Addiction NI

A registered charity providing treatment and support for people who are dependent on alcohol or drugs

Telephone: (028) 9066 4434

www.addictionni.com

There is a wide range of voluntary sector groups and organisations that offer support and information on a range of specific problems – please refer to the appendix at the back of this resource for a full list of services in your local health trust area.

