

Stimulants

Cocaine & Crack

Coke, Blow, C, Snow,
8-ball (refers to a specific amount),
Rock (refers to crack specifically)

What is it?

Cocaine is a stimulant drug. It speeds up the heart rate, breathing, thinking, speech and actions. Made from the leaves of the coca bush, it was originally used for its anesthetic (numbing) properties. It can be found in powder or crystal form (crack) and can be snorted, smoked or injected.

Why do people use it?

- ◆ Increased energy
- ◆ Increased focus and concentration
- ◆ Decreased appetite
- ◆ Temporary relief from depression and/or social anxiety

How does it work?

Depending on how it's taken, cocaine is absorbed into the blood stream which carries it into the brain. In the brain it triggers the release of feel good chemicals (like dopamine) and activates the "pleasure pathway".

Information adapted from heretohelp.ca, camh.ca & towardtheheart.com

For more information visit their websites.

Printed July 2019

What can go wrong?

- ◆ Intense anxiety or agitation
- ◆ Loss of self-control and ability to think clearly (often leading to unsafe sex, criminal behaviour, etc)
- ◆ Losing touch with reality; seeing things, hearing voices
- ◆ If combined with alcohol, it can increase the risk of overdose, seizures and stroke
- ◆ Heart attack and death
- ◆ Intense withdrawal symptoms, including severe depression
- ◆ Cracked/bleeding nostrils

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Harm Reduction

1. Use a small amount first. You can always use a little more, but you can't change your mind if you take too much.
2. Use with trusted people in familiar spaces. Using alone means no-one can help you if overdose.
4. Choose safer methods of use. Injecting has the highest risk. If injecting, wash your hands, rotate your injection site but avoid the neck, clean the injection site, use clean needles and never share them.
5. If snorting, never share straws, alternate nostrils, and rinse the inside of your nose before and after using.
6. If smoking, wash your hands, start with a small amount, use a shatterproof glass pipe and your own mouthpiece, inhale slowly and exhale immediately.

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Overdose

What to look for:

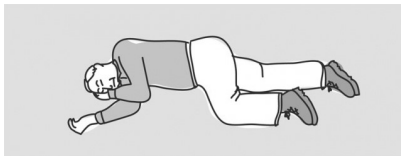
1. Fast or no breathing
2. Hot, sweaty, clammy skin
3. Confusion and anxiety
5. Rapidly increasing pulse or temperature
6. Seizures

What to do:

CALL 9-1-1

Remain calm and stay with the person until help arrives.

If you have to leave the person unattended, put them in the recovery position, as below.



Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063



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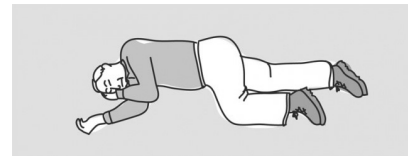
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