

Depressants

GHB

G, Liquid X, Scoop, Fantasy

What is it?

GHB is a mind altering depressant that affects how you think and behave. It slows down breathing, heart rate, thoughts and actions. It is usually made in illegal labs. It comes in the form of pills, powder or liquid. GHB is also known as a “date rape” drug.

Why do people use it?

- ◆ Increased sociability and feeling of euphoria
- ◆ Relaxation and to cope with stress

What can go wrong?

- ◆ Drowsiness and loss of consciousness
- ◆ Detachment from the body and environment making one vulnerable to exploitation or sexual assault
- ◆ Confusion, coma and death
- ◆ High risk for overdose because there is little difference between the desired amount and the toxic amount
- ◆ Severe and life-threatening withdrawal symptoms

How does it work?

GHB is absorbed through the bloodstream and travels to the brain. When there, it affects naturally occurring chemicals that regulate mood, energy and the way you experience the world. Some people may feel happy and relaxed, and others may feel anxious.

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

For more information visit their websites.

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Harm Reduction

1. **Manage the amount used.** As these drugs are uncontrolled, it is recommended to use a small amount first to see how it effects you. You can always consume a little more, but you cannot take less.
2. **Avoid mixing with other substances.** GHB is a strong sedative. Mixing it with alcohol or other depressants significantly increases the risk of overdose. Mixing with stimulants can make you feel less intoxicated than you actually are.
3. **Use with trusted people in safe environments.** When going out, stay with friends. Have someone to talk to if a situation happens that makes you feel unsafe.

Overdose

What to look for:

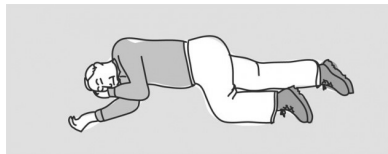
1. **Slow or no breathing**
2. **Slow or no pulse**
3. **Pale, cool skin**
4. **Vomiting**

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

