

If you require any further information regarding Mephedrone or you are affected by someone else's drug use please contact us on the numbers on the back of this leaflet or attend the Duty Drop-In on a Mon and Thurs afternoon between 2-4pm. We provide a confidential service.

Drugs Action
7 Hadden Street
Aberdeen
AB11 6NU

Tel: Helpline 01224 594700
Tel: Admin 01224 577120

www.drugsaction.co.uk

helpline@drugsaction.co.uk

If you live in the Aberdeenshire area you can contact **INCITE**, our specialist service for stimulant users on:
Kenny Malcolm - 07745 227 997
Susie Richards - 07743 668 928

The information in this leaflet is based on information from service-users, research and other sources. There has been virtually no research carried out with regards to the short- or long-term side effects of Mephedrone.

Drugs Action is a company limited by guarantee and a registered charity: Number- SC 013582.

Main Office:
7 Hadden Street, Aberdeen, AB11 6NU

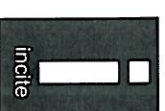


DRUGS ACTION

Information
Leaflet

MEPHEDRONE

(M-CAT)
(Plant Food)



Incite Stimulant Users Service
(Aberdeenshire)



Member of the
Telephone
Helplines
Association
Quality & confidence for callers to helplines

WHAT IS MEPHEDRONE?

It is a synthetic stimulant and goes by various names M-CAT, MEO, MEOW, MEPH; (Not to be confused with Methedrone, Methyline and Methadone); it is marketed as a plant food and is also used as a research chemical. It is not for human consumption. It is an off white powder or crystal; it is sometimes blended with Methyline and the pills are commonly known as BUBBLES.

Effects

Similar to that of Speed and Cocaine, hallucinogenic in higher doses.

Intended

Increased alertness, euphoria, excitement, urge to talk, more sociable.

Reported Side Effects

- Irritation/pain to the nasal passage after snorting; dry mouth.
- Pain and irritation of exposed skin.
- Craving to re-dose.
- As with other stimulant drugs increased heart rate and blood pressure; suppression of appetite.
- Anxiety/paranoia
- There have been suggestions that vasoconstriction may be a concern (narrowing of the blood vessels) especially at higher doses. This may cause skin discoloration, tingling and numbness in the extremities, headaches and light-headedness.
- Harms appear to be increased when alcohol and other drugs are used as well.

Comedown

- Low mood
- Tiredness and lethargy
- Craving (compulsion to re-dose)
- Sleep problems

Long-term effects

Unknown; more research is required. Little is known about the toxicity of Mephedrone. Current concerns are that younger users who are still developing both physically and emotionally may experience more harms.

Not all effects are the same

How Mephedrone (any drug) affects you depends on a number of factors.

- How it is taken, the dose taken, its strength and how often it is used.
- Individual factors; such as personality, expectations of the drug and its effects, physical/mental health and current mood are also important.
- Who the individual is using with and the environment s/he is in. Is it a safe environment?
- If s/he has used any other drugs or alcohol as this can also have an unpredictable effect.

ALWAYS call an ambulance if someone has passed out after using drugs and/or alcohol.

Coping ideas for families/friends of Drug Users

TRY TO:

- Keep calm
- Listen to the person, try not to judge.
- Find out facts about Drugs.
- Use telephone help-lines e.g. Drugs Action.
- Speak to the person about drugs.
- Talk about health
- Be supportive to the person
- Encourage and support the person to have a daily routine.
- Set realistic ground rules, e.g. limits on use of phone, who visits your home, drug use at home.
- Try to keep the family unit together.
- Try to get on with your own life.
- Look after yourself.
- Ask for help.
- Choose a friend or two for regular support.
- Get regular support from a drugs worker or Family Support Group.
- Be positive.

TRY NOT TO:

- Panic
- Over-react
- Shout or fight.
- Criticise or be suspicious.
- Use derogatory terms.
- Always label the person as a 'drug user'.
- Mention drugs all the time.
- Break ground rules.
- Do everything for the person using drugs.
- Let it take over your life.
- Blame yourself or feel guilty.
- Be ashamed and keep it a secret.