

# Monkey Dust



## What you need to know...

'Monkey Dust' is a **synthetic cathinone** – a New Psychoactive Substance (NPS) that is chemically similar to a naturally occurring mild stimulant called cathinone. It is also known as 'bath salts', 'magic crystals', or MDPV.

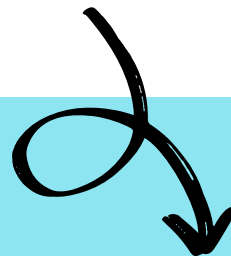
There are a few synthetic cathinones that are all similar but different from natural cathinone. They also produce much stronger effects.

**Monkey Dust can be found as either a fine white, off-white, or yellowish powder, but sometimes can be brown in colour.**

## How It Feels

### Its effects include:

- Feeling happy, energetic, talkative.
- Having an intense connection to music, which is similar to the effects of MDMA, speed, or cocaine.
- The negative effects are also therefore considered to be similar to those of amphetamines, cocaine, and MDMA and include muscle tension, reduced appetite, restless sleep, and enlarged pupils.



**The side effects of monkey dust usually last for about two to three hours, whereas these adverse effects may last for six to eight hours. The duration and severity of these symptoms depend on the dose taken.**

# Know The Risks



**Taking Monkey Dust involves risks. Here's what they could do to you:**

- Overstimulating the heart and circulation and damaging the heart.
- Overstimulating the nervous system and causing fits.
- Many types of Monkey Dust are still new and little is known about them, so the risks of using them are unpredictable.
- They can make you anxious and paranoid.
- They can reduce inhibitions, which can lead to risky behaviours such as unsafe sex, and accidents.

## WHAT IS IT CUT WITH?

As with all drugs you can never be sure of what you're buying and how pure it is. Sometimes one cathinone is mixed with another cathinone and/or caffeine.

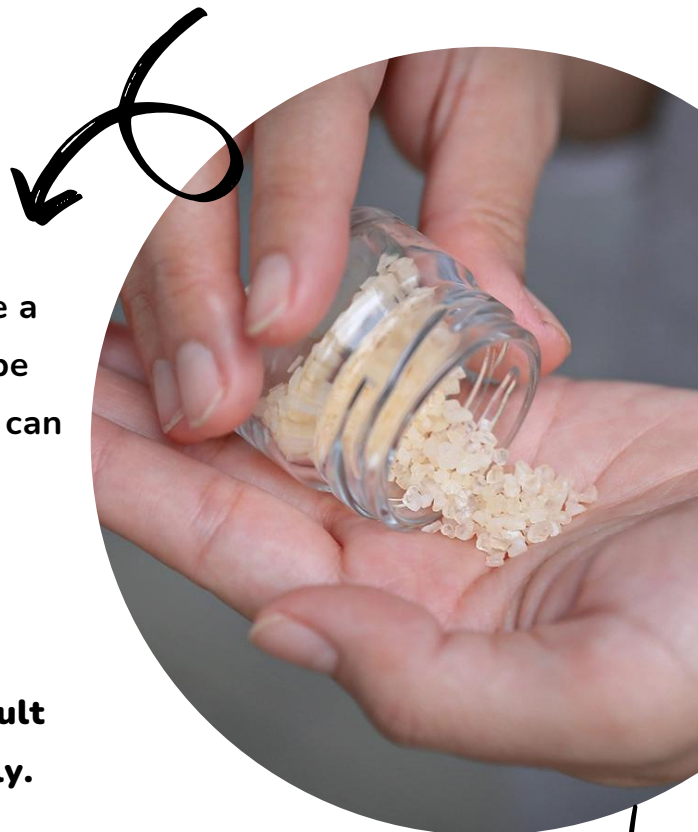
## MIXING WITH OTHER DRUGS

You increase the risk if you combine alcohol with any substance that causes a 'high', including Monkey Dust, and this includes the risk of coma and death.

## Can you get addicted?

Reports suggest that Monkey Dust can create a state of **psychological dependence** and can be **compulsive to use**. This compulsive re-using can lead to increased health harm.

Users have reported intense, uncontrollable urges to use the drug again. Once they have started a session, **they can find it very difficult to stop until they've used their entire supply.**



# Withdrawal Symptoms

If you use Monkey Dust for long periods of time or repeatedly, you may experience effects like psychosis, cravings, and physical dependence.

It can also cause strong withdrawal symptoms that include: **depression, anxiety, tremors, problems sleeping, paranoia**



## The Law

Monkey Dust is a **Class B drug**, which means it's illegal to have for yourself, give away or sell.

Possession can get you up to **5 years in prison**, an unlimited fine, or both.

Supplying someone else, even your friends, can get you up to **14 years in prison**, an unlimited fine or both.

**If you or someone else need urgent help after taking drugs or drinking, call 999. Tell the crew everything you know. It could save their life.**

**For further support and advice contact the EDAS/Reach Young People team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.**



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