

Legal highs

Substances that mimic the effects of illegal drugs such as ecstasy and speed, but are not controlled by the Misuse of Drugs Act

What are legal highs?

Recent changes have been made to the availability of many of these drugs, making it illegal to sell them without a legitimate license under the control of the Medicines Act.

Herbal Ecstasy

Herbal ecstasy has until recently been sold freely at dance events, clubs, concerts and festivals. It contains various herbs and extracts that are claimed to be hallucinogenic and/or stimulants.



Packaging and vendors claim that they are a natural and safe substitute for ecstasy. Although they may be herbal or a herbal extract they are not necessarily safe, with side effects similar to synthetic drugs

Ephedrine is an extract of the Chinese herb Ma Huang (from the tree *ephedra sinensis*) which has been reported to have stimulant effects such as shivers up and down the spine, sensitive skin and muscles, and feelings of exhilaration. In China the herb Ma Huang is sold as a medicine and as an aphrodisiac. In the UK, it is sold as Cloud 9, Nirvana Plus, and other herbal highs said to mimic ecstasy.

Higher doses can be quite unpleasant, possibly causing muscle spasms and even heart attacks. These drugs should not be used by people with heart disease, diabetes, hypertension, or kidney disease. Side effects include racing heart, dry throat, anxiety, tremor and cold feet and hands.

Yohimbine

Marketed as an aphrodisiac (and often referred to as herbal Viagra) and sold as a hallucinogenic with stimulant effects in some natural high capsules such as Yohimbix8 or as an additive to other herbal highs. Yohimbine is derived from the West African Yohimba tree roots or bark, *Corynanthe yohimbe* or *Pausinystalia yohimba*. The drug increases the availability of noradrenaline (a 'fight or flight' hormone that stimulates the body) that in turn raises blood pressure and increases heart rate. The hallucinations are said to be quite strong and the effects on the body similar to that of ecstasy.

Salvia

Salvia is derived from the American plant *Salvia divinorum*, a member of the mint family. It is used by the Mazatecs and others in Meso America in shaman rituals and healing.

It is marketed in the UK as herbal ecstasy using names such as Eclipse. It is purchased dried for smoking (in large amounts) or as a herbal remedy under its botanical name. It's effects are more hallucinatory than other legal highs - though high doses are usually needed to achieve these effects. The main active ingredient is thought to be salvinorum A.

Very little is known about these drugs. Proper controlled research is sparse and therefore side effects and possible dangers are not yet known.

Other Sources of information		
<p>Local organisations that offer Assessment & Treatment options for people with addictions:</p> <p>SMART- Substance Misuse Assessment & Referral Team Poole - 01202 735777</p> <p>BAT – Bournemouth Assessment Team 01202 294888</p> <p>YADAS – Tel 01202 741414 www.edasuk.org/which-area-do-you-live-in/poole/poole-yadas/</p> <p>ShADOWS – Tel 01258 488486 www.edasuk.org/which-area-do-you-live-in/dorset/shadows/</p> <p>ADDACTION – Tel; 01202 558855 www.addaction.org.uk</p> <p>SPS - Specialist Prevention Service Tel: 01305 228200 www.dorsetforyou.com/specialistprevention</p>	<p>Local organisations who offer treatment, advice, information & support for people with addictions:</p> <p>PACT (Poole Addictions Community Team) Tel:01202 633875</p> <p>Steven James Project Tel: 01202 740044 - www.sjcounselling.co.uk</p> <p>Tom Smith Counselling Tel: 07738 380146 email:tom@tiscounselling.co.uk</p> <p>EDP –Tel: 01392 666710- email info@edp.org.uk</p> <p>CADAS - Community Alcohol and Drug Advisory Service Tel:01305 265635 www.dorset.nhs.uk/localservices/alcohol-and-drugs.htm</p> <p>CRI –Tel:01202 203101 - www.cri.org.uk/bit_bournemouth</p> <p>SHARP – Tel:08451234130 www.actiononaddiction.org.uk/treatment/sharp_bournemouth/</p> <p>YADAS – Tel 01202 741414 www.edasuk.org/which-area-do-you-live-in/poole/poole-yadas/</p> <p>ShADOWS – Tel 01258 488486 www.edasuk.org/which-area-do-you-live-in/dorset/shadows/</p> <p>ADDACTION – Tel; 01202 558855 www.addaction.org.uk</p> <p>SPS - Tel: 01305 228200 www.dorsetforyou.com/specialistprevention</p>	<p>National organisations that offer treatment, advice, information & support for people with addictions:</p> <p>Alcohol Concern Tel: 020 7264 0510 www.alcoholconcern.org.uk</p> <p>FRANK-0800 77 66 00 www.talktofrank.com</p> <p>NTA – Tel:020 79721999 www.nta.nhs.uk/</p>

Contact us: Help lines 01202 733322/311600 (Weekdays 8.30am to 4.30pm, 24-hour answer phone)
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