

More about

DRUGS

DISRUPTIVE SUBSTANCES

	Product	What it is called	What it looks like	How it is taken	Observable symptoms	What it may cause	If it is taken regularly	If you overdose	When you stop taking it (withdrawal)	Comments
DISRUPTIVE SUBSTANCES	CANNABIS	HASHISH Hash, cube, dime, bag, blast HASHISH OIL Resin, liquid hash MARIJUANA Pot, dope, mari, joint, skunk, weed, grass, marjane, hemp, boom CONCENTRATED THC EXTRACTS BHO, honey oil, dab, shatter, budder, wax	<ul style="list-style-type: none">Dried leaves, green tobacco, herbs (marijuana)Small brown, black, yellowish, or greenish cubes (hashish)Brownish oilWaxPaste	<ul style="list-style-type: none">SmokedInhaledIngested	<ul style="list-style-type: none">MunchiesBurnt hay smellSlurred speechSlowed thinkingScattered thoughts and wordsRed eyesIrritated throat and coughMemory problemsDry mouth	<ul style="list-style-type: none">DisorientationEuphoriaSense of relaxationReduced anxietyDistorted perception, loss of sense of time	<ul style="list-style-type: none">Throat and lung damageRisk of respiratory infectionDifficulty concentratingIncreased passivityChange in attention, mood, memory, and judgmentAccelerated heart rate	<ul style="list-style-type: none">ConfusionExcitabilityAnxietyIrritabilitySadnessFatigueDrowsinessDry mouthRed eyesParanoiaPsychosis	<ul style="list-style-type: none">Potential symptoms of depression and anxiety	<ul style="list-style-type: none">Cannabis is the most widely used drug after alcohol.Often, young people's first non-alcohol drug experiences involve the use of cannabis products.In Canada, cannabis may be prescribed for medical reasons to treat chronic physical pain.People must avoid driving (car, motorcycle, ATV, bicycle, etc.) while under the influence of these drugs due to the heightened risk of accidents of all kinds, trauma, or even death (self or others).
		Spice, K2, incense, Dream	<ul style="list-style-type: none">Dried leaves, often sold as incense	<ul style="list-style-type: none">SmokedInhaled	<ul style="list-style-type: none">Symptoms similar to those of cannabis, but the risks are higher	<ul style="list-style-type: none">Symptoms similar to those of cannabis, but the risks are higher	<ul style="list-style-type: none">Effects similar to those of cannabis, but the risks are higherIncreased agitation and irritabilityVomitingSignificantly accelerated heart rate	<ul style="list-style-type: none">AnxietyDisorientationAgitationIrregular heartbeatConvulsionsComaDeath	<ul style="list-style-type: none">Cravings for the substanceAnxietyNightmaresHeadachesTremorsHigh blood pressureHeart problem	<ul style="list-style-type: none">Unlike cannabis, which comes from a plant, synthetic cannabinoids are produced in laboratories. Like all other drugs produced in clandestine labs and sold on the black market, it is impossible to know its exact composition. It may be cut with other products that may increase the degree of danger it poses.Synthetic cannabinoids are generally more powerful and dangerous than cannabis.Under the influence of these drugs, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others). To date, research has been unable to determine whether consuming synthetic cannabinoids can lead to psychological or physical dependence.
	HALLUCINOGENS	MDMA (also a stimulant) Ecstasy, X, E, XTC, dove, love drug, Adam, Molly, Bromo, Eros, Nexus, Venus KETAMINE Ketalar, Special K, vitamin K, Ket, Ketty MUSHROOMS Magic mushrooms, mush, shrooms, mushrooms SALVIA DIVINORUM Salvia, Maria Pastora, diviner's sage, magic mint, puff, Lady Sally, Sally-D CATHA EDULIS Khat, qat, khat, chat PCP Mescaline, mess, horse, angel dust, Crazy Eddie, TH, peace pill, fairy dust LSD, MDA, STP Acid, candy, microdots, cap PIPERAZINES, BZP, TFMP ecstasy, Legal X	<ul style="list-style-type: none">CapsulesPillsDried mushroomsPowderCrystalsDried leavesLiquid on blotting paperAmpoules	<ul style="list-style-type: none">SwallowedSmokedSniffedInjectedChewed	<ul style="list-style-type: none">Mood swingsDeliriumDisorientation, panicAgitation, aggressionInjection marksNosebleedsDilated pupilsTremorsTeeth grindingPerspiration	<ul style="list-style-type: none">Increased energy and alertnessAmplification of emotions and sensory perceptionEuphoriaHallucinationsMystical revelations (seeing sounds, hearing colours)Reduced sensitivity to pain (PCP, Ketamine)	<ul style="list-style-type: none">Nausea, vomitingHeadachesUrinary retentionTemporary flashbacks after immediate effect has worn offUncontrolled fears (bad trip)Change in attention, mood, memory, or judgmentAnxiety, depressionDiseases or infections related to intravenous injections or inhalation	<ul style="list-style-type: none">AgitationAnxietyConfusionPanicVisual hallucinationsPsychosisEmotional instabilityFeverSweatingConvulsionsComaIrregular heartbeat	<ul style="list-style-type: none">IrritabilityPotential symptoms of depression and anxiety	<ul style="list-style-type: none">It should be kept in mind that substances sold on the black market may be cut with other products or drugs that may increase the degree of danger they pose. Whatever their form, colour, or origin, it is impossible to know their exact content. A dose may contain:<ul style="list-style-type: none">- pure form of the substance sought- The substance cut with other products- A completely different substance than the one soughtWith MDMA, there is an increased risk of dehydration if the user doesn't drink enough water (during raves, for example).Lab analyses of drugs sold on the black market show that LSD, PCP, and STP are less and less common.Under the influence of these drugs, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others). It is unlikely that someone will develop an addiction to mushrooms. However, repeated consumption may lead to a very high level of tolerance. In that case, the person will have to consume higher and higher doses to get the same effect. Since mushrooms take some time before their effect is felt, the person may consume too much and become so sick that they have to be hospitalized. So far, no research has been able to determine whether the consumption of salvia or piperazines can lead to physical or psychological addiction.

STIMULANTS

STIMULANTS	STIMULANTS	CAFFEINE Coffee, tea, chocolate, cola, wake-ups, some analgesics, energy products (drinks, gum, and shots) NICOTINE Tobacco, cigarettes, e-cigarettes, e-cigs, cigars, pipe tobacco, chewing tobacco, Nicorette, Nicoderm, Habitrol MDMA (also a disrupter) Ecstasy, X, E, XTC, dove, love drug, Adam, Molly, Bromo, Eros, Nexus, Venus AMPHETAMINE Speed, wake-ups, pep pills, peanut, uppers, ice, peach, crystal, amp METHAMPHETAMINE Speed, meth, crystal meth, ice, Tina COCAINE Coke, powder, coca, snow, crack, freebase, rocks, rock METHYLPHENIDATE Ritalin, Concerta, vitamin R, R-Ball, smart drug, uppers SYNTHETIC CATHINONE DERIVATIVES Bath salts, plant fertilizer, mephedrone, synthetic cocaine, MDPV, speed, ecstasy	<ul style="list-style-type: none">Solid or liquidCapsulesPills in various shapes and colours with various logosSweet beveragesLiquid concentrateTobaccoChewing tobaccoChewing gumPatchesShiny crystalline powder (cocaine)Small white, beige, or yellowish rocks (crack)White crystals (bath salts)	<ul style="list-style-type: none">SwallowedSmokedApplied to the skinChewedInjectedSniffedApplied to mucous membranes	<ul style="list-style-type: none">Agitation, anxietyInsomniaGrandiose ideas, euphoriaCough, nauseaTobacco odourYellow fingersTremors, nervousnessRepetitive movementsParanoia, deliriumDry mouth and lipsSpeech problemsLack of coordinationSniffing, chapped nostrils, runny noseInjection marksEnlarged pupilsFeverExcessive perspiration	<ul style="list-style-type: none">EuphoriaExcitability and stimulationReduced fatigueReduced hungerWeight lossIncreased alertness and muscle strengthSense of strengthIncreased mental acuity, self-confidence, and sensory perception (auditory, tactile, visual, and sexual)	<ul style="list-style-type: none">Possibility of bronchitis and emphysema with long term useSleep disruptionStrange and violent behaviour, irritabilityPanic, anxietyChange in judgmentParanoia, hallucinationsDeliriumWeight lossNosebleedsDiseases or infections related to intravenous injections or inhalationAccelerated heart rateHigh blood pressureGastric irritationDehydration	<ul style="list-style-type: none">Agitation, hyperactivityTremorsFeverConfusionDeliriumConvulsionsKidney failureParanoiaHeart problems (heart attack)StrokeComaDeath	<ul style="list-style-type: none">Fatigue, weaknessDifficulty concentratingAnxiety, irritabilityInsomniaIncreased appetiteNauseaHeadachesNauseaDepression, suicidal thoughtsCravings for the substance	<ul style="list-style-type: none">Smoking tobacco is associated with cancer.Certain medications or drugs may contain caffeine.Nicotine can be found in e-cigarettes.With MDMA, there is an increased risk of dehydration if the user doesn't drink enough water (during raves, for example).Methamphetamine is generally more powerful and potentially more addictive and toxic than amphetamines.Methamphetamine is the substance most commonly cut with pills sold as speed or ecstasy.The toxicity of cutting agents and other cocaine contaminants such as Levamisole (animal dewormer) may result in serious health problems.Chronic use of cocaine causes impotence in some users.Crack (or freebase) is a form of cocaine that can be smoked.Cocaine and crack may cause a significant psychological addiction.Cocaine and crack users spend a lot of money on drugs on a daily basis.Abuse of prescription drugs can lead to addiction and be just as harmful as illicit drugs.Methylphenidate, used to treat ADHD, does not cause enough euphoria to result in addiction. However, there is a greater risk when strong doses are taken regularly for a long time or when the pill is crushed for sniffing or injection.High doses of stimulants hamper learning and concentration.Products sold on the black market may be cut with other products or drugs that may increase the degree of danger they pose.Under the influence of these drugs, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others).
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DEPRESSANTS

DEPRESSANTS	VOLATILE SUBSTANCES	ALCOHOL Drinks, beer, coolers, spirits, hard stuff, wine, shooters, Vaportinis	<ul style="list-style-type: none">LiquidVapor	<ul style="list-style-type: none">IngestedVapor is inhaled	<ul style="list-style-type: none">AgitationSlowed movementsDry mouthBreath that smells of alcoholRed skinShiny eyesHeavy eyelidsDrowsiness	<ul style="list-style-type: none">Relaxation, euphoriaLoss of inhibitionsSensation of warmth	<ul style="list-style-type: none">Reduced appetiteSerious health problems (cirrhosis of the liver, ulcers, cancer)InsomniaBlackoutsDepressionSlowed reflexesBlurred visionDizzinessChange in attention, mood, memory, and judgmentAddiction: increasingly larger quantities are consumed to feel the effects	<ul style="list-style-type: none">DisinhibitionLoss of judgmentImpaired sensory perceptionCoordination problemsConfusionComaSlowed heart rateDeath	<ul style="list-style-type: none">AnxietyAgitationDeliriumInsomniaIrritabilityPerspirationTremorsConvulsionsNauseaVomitingConfusionHallucinations	<ul style="list-style-type: none">Even though alcohol is sold legally, it is still a drug.Under the influence of alcohol, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others).Alcohol may lead to at-risk behaviour (driving a vehicle, unwanted and unprotected sex, etc.) or violent acts.The dangers of alcohol are increased when it is consumed with other drugs or medications.Prolonged alcohol abuse is associated with the risk of cirrhosis and cancer of the mouth, pharynx, esophagus, larynx, liver, colon, and rectum. It is also associated with epilepsy, cardiac disorders, and inflammation of the pancreas.Consuming a large amount of alcohol over a short period can lead to vomiting, difficulty breathing, loss of consciousness, and even death. If someone presents these symptoms, call 911 and do not leave them alone.
		NITRITES Rush, poppers GLUE glue, sniff PAINT REMOVER FUEL Gas AEROSOLS Duster	<ul style="list-style-type: none">Tubes of glueLiquid with a strong smellVarious containersAerosols, deodorantsPasteKeyboard dust cleaners	<ul style="list-style-type: none">Inhaled	<ul style="list-style-type: none">Dizziness, drowsinessDry mouthRunny nose and eyesSmell of glueRedness at the base of the nostrils or on the faceSneezingCoughNausea, vomiting	<ul style="list-style-type: none">EuphoriaHallucinations (auditory, visual, tactile)Perceptual distortions	<ul style="list-style-type: none">Damage to the nose, throat, kidneys, and liverFatigue, sedationDizziness, slowed reflexesBlurred visionDepressionChange in attention, mood, memory, and judgmentSevere frostbite on the hands, mouth, and respiratory tract (duster)	<ul style="list-style-type: none">Loss of consciousnessRespiratory depressionConvulsionsHeart problemsDeath	<ul style="list-style-type: none">Symptoms similar to withdrawal from alcoholLack of concentrationSymptoms of depression and anxiety	<ul style="list-style-type: none">These are often household products that should be kept out of reach of children.They are associated with the risk of fire and explosion.Inhaling volatile substances using a plastic bag over the head increases the risk of loss of consciousness and death by asphyxiation.Under the influence of these substances, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others).The dangers of these products are increased when they are consumed with alcohol or other drugs or medications.
	TRANQUILIZERS AND SLEEPING PILLS	BENZODIAZEPINES AND ATYPICAL HYPNOTICS Lorazepam (Ativan), Flurazepam (Dalmene), Chloridazepoxide (Librium), Triazolam (Halcion), Temazepam (Restoril), Clonazepam (Rivotril), Oxazepam (Serax), Diazepam (Valium), Alprazolam (Xanax), Bromazepam (Lectopam), Clobazam (Frisium), Zolpidone (Imovane), Zolpidem (Sublinox), Benzos, xanixes, xani-bars, xani-bombs, roofies, downers, rocks, blues, yellows GHB (gamma-hydroxybutyrate) Liquid ecstasy, G, Gamma-OH, date rape drug	<ul style="list-style-type: none">PillsCapsulesLiquid	<ul style="list-style-type: none">SwallowedSometimes injectedSniffed (benzos)	<ul style="list-style-type: none">Unusual sense of calmnessSlowed movementsDry mouthDrowsinessNonchalanceDisorientationConfusion	<ul style="list-style-type: none">Loss of inhibitionsSense of relaxation and calmnessMuscle relaxationSedationEuphoria	<ul style="list-style-type: none">DepressionFatigue, dizzinessBlurred visionSexual dysfunctionHostilityChange in attention, mood, memory, and judgmentAddiction: increasingly larger quantities are consumed to feel the effects	<ul style="list-style-type: none">Deep sleepMemory lossNausea, vomitingCoordination problemsExcitabilityDeliriumStuporRespiratory depressionDeath	<ul style="list-style-type: none">Anxiety, panic, irritabilityDepressionInsomniaFever, nausea, vomitingPerception problemsTremors, convulsions	<ul style="list-style-type: none">Products available on the black market or the Internet may contain substances or drugs other than those sought.Even though pills sold on the black market look like those produced by pharmaceutical companies, you can never be certain of what they contain.Even though these drugs are prescribed for specific health problems (except GHB), they are still dangerous if used improperly.Under the influence of these drugs, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others).The dangers of these substances are increased when they are consumed with alcohol or other drugs or medications.Some products in this group lead to memory problems.GHB is sometimes referred to as the "date rape drug" by the media. However, alcohol is the drug most commonly used to commit sexual assault in almost all cases.
	OPIOIDS	CODINE Empracet, Emtec, purple drank HEROIN Smack, horse, white stuff, came, hero, jazz, junk METHADONE Metadol MORPHINE M, M-Eslon, morph, MS-Contin, Statex HYDROCODONE Hycodan, Tussionex HYDROMORPHONE Dilaudid, Hydromorph Contin, Junista OXYCODONE OxyNeo, OxyContin, Supeudol FENTANYL Duragesic BUPRENORPHINE BuTrans TAPENTADOL Nucynta TRAMADOL Ultram, Ultram, Durela, Tridural, Ralivia, Zytram	<ul style="list-style-type: none">AmpoulesVialsCapsulesPillsPowder (opium, heroine)SyrupPatches	<ul style="list-style-type: none">SwallowedSmokedInjectedSniffedApplied to the skin or mucous membranes	<ul style="list-style-type: none">Nausea, vomitingPerspirationItchingConstricted pupilsSlowed movementsInjection marks	<ul style="list-style-type: none">Pain reliefWarm feelingSensation of well-being and relaxationEuphoriaSedation	<ul style="list-style-type: none">Apathy, lack of energyConstipationUrinary retentionSexual dysfunctionChange in attention, mood, memory, and judgmentDiseases or infections related to intravenous injections or inhalationAddiction: increasingly larger quantities are consumed to feel the effects	<ul style="list-style-type: none">DrowsinessNauseaVomitingRespiratory problemsHeart problemsComaDeath	<ul style="list-style-type: none">YawningSpasmsGoosebumps, shiversNausea, vomitingDiarrhea, cramps, abdominal painDilated pupilsAnxiety, irritability	<ul style="list-style-type: none">Products available on the black market or the Internet may contain substances or drugs other than those sought.Even though pills sold on the black market look like those produced by pharmaceutical companies, you can never be certain of what they contain.Even though these drugs are prescribed for specific health problems, they are still dangerous if used improperly.Under the influence of these drugs, driving (car, motorcycle, ATV, bicycle, etc.) should be avoided due to the increased risk of accidents of all kinds, trauma, or death (of oneself and others).The dangers of these substances are increased when they are consumed with alcohol or other drugs.Some cough syrups and analgesics contain codeine.Methadone and buprenorphine are sometimes used to treat opioid addicts.Naloxone is used to reverse the effects of opioids. It can temporarily reverse the effects of an opioid overdose until help arrives.

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Original source: Main resources consulted for the review: Barceloux, D.G. *Medical Toxicology of Drug Abuse: Synthesized Chemicals and Psychoactive Plants*. Hoboken, N.J.: John Wiley & Sons, 2012, xix, 1041 p.; Royal Canadian Mounted Police. *Drugs and New Trends – Awareness Tools*, 2015.

Beware of mixing:

Mixing substances can have unpredictable effects that are often dangerous and sometimes fatal.

Psychological dependence:

The need to consume a given substance with increasing frequency in order to feel better, relax, calm down, be stimulated, find courage to overcome problems, etc.

Physical dependence:

The physiological need created by the body becoming accustomed to the drug's effects, which makes it difficult to quit, and, during withdrawal, causes moderate or severe physical reactions.

Duration and effects:

The effects of drugs and how long they last vary depending on the quantity taken; product purity; the user's age, level of habituation, personality, genetic makeup, and mental and emotional state; the administration method; and the usage context (mixed with other drugs or with alcohol, location, presence of other people, etc.).

For more information, consult: Québec.ca