

magic mushrooms. Many are chemicals and examples are: LSD or acid, MDA an amphetamine, MDMA also an amphetamine called ecstasy, and PCP (phencyclidine) or angle dust.

Signs to look for:

Altered mood and perceptions, anxiety, panic, synesthesia (ex: smell colors, see sounds) unpredictable behavior, violent behavior (PCP).

DRINKING

Slang names: Beer, Wine, and Liquor



What is binge drinking?

5 or more drinks at a time for males.

4 or more drinks at a time for females.

What are the affects of binge drinking?



Making a fool of yourself, vomiting and passing out, hurting yourself or someone else.

Alcohol usage can lead to:

Legal problems if under 21. Injury and death- falls, drowning, alcohol poisoning, or paralysis. Risky behavior- plays with mind and affects judgment.

Health problems-

can lead to liver and brain damage, heart and sexual problems and early death.



Other problems- rape, assaults and other violent crimes, alcohol poisoning- unconsciousness, trouble breathing, seizures, causes coma or death.

RESOURCES:

ON CAMPUS:

Brenda Cook, Counselor
334-683-2354 or ext. 354

FACILITIES:

Cahaba Cares
334-874-2600

Bradford Health
www.bradfordhealth.com
334-244-0702

West Alabama Mental Health Center
www.wamch.org
334-289-2410

Drug & Alcohol Awareness

STEROIDS

Slang names: Gym, Candy, Pumpers, Stackers, A's, Anabolics, Roids, Balls, Bulls, Gear, and Juice



What are anabolic-androgenic steroids?

Synthetic male sex hormones, or androgens or artificial versions of testosterone. Usually called "anabolic steroids" or simply "steroids." Promote growth of skeletal muscle, anabolic effects, and development of male sexual characteristics, androgenic effect.



How are steroids used?

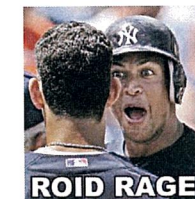
Orally, injected into a muscle, or rubbed on the skin in a gel or cream form.

Health Damage:

Brain and kidney damage, high blood pressure, heart palpitations and attack. Bad breath, sore throat, beard, deep voice, and coarse skin



In women, feminine breasts in men. In guys, steroids can interfere with normal production of testosterone which can act directly on the testes and cause them to shrink and in girls, cause a loss of monthly period.



Psychological Damage:

Aggressive and anger called "Roid Rage" acts as a "trigger" for violent behavior; depressions and irritability.

STIMULANTS

Slang names: Speed, Uppers, Crack, Ice, Ritalin, Crystal, Meth, Dexedrine, Amphetamines, Preludin, Caffeine, Nicotine, and Cocaine



Have you eaten any chocolate or drunk any soda lately? If so, there's a good chance you gave your body a dose of a stimulant which changes the way your brain works.

What are stimulants?

Used to treat physical and psychological disorders, including narcolepsy and attention deficit disorder (ADD/ADHD). Usually colorful pills or tablets. Raise users' overall alertness.

DEPRESSANTS

Slang names: Sedatives, Tranquilizers, Downers, Ludes, Valium, and Alcohol

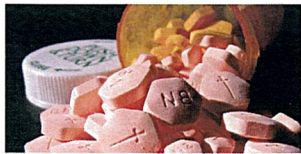
What are depressants?

Used to treat anxiety and sleep disorders and may also be used to relieve pain. Barbiturates and Benzodiazepines are two types of depressants most commonly prescribed. Brand names for barbiturates include Seconal, Tuinal, and Nembutal, some benzodiazepines are Valium, Tranxene, or Xanax.

OPIOIDS

What are opioids?

Prescribed for pain and come in pill or tablet form. Some examples are OxyContin, Percocet,



Demerol, and Vicodin. Powerful sedative effects of opioids help people cope with pain, serious injuries, or deadly illnesses such as terminal cancer.

Addiction? Withdrawal? Overdose?

These three types of prescription medicine help people in different ways but they have some very deadly risks in common. Opioids and depressants are both highly addictive drugs.

Users quickly build a tolerance to these drugs, meaning they have to take a larger amount to feel the same effects. Users' bodies become dependent on the drug, meaning they have to take it all the time to feel normal. If users' try to stop, they will feel any number of negative effects, like vomiting, diarrhea, sleeplessness, anxiety, or severe pain in their muscles and bones this is called withdrawal. Tolerance, dependence, and withdrawal are three signs of addiction. Overdose is a real danger with any prescription medication. A stimulant overdose can cause comas, seizures, or heart attacks. Depressant and opioid overdoses can slow down a person's body functions to the point they just stop working together.



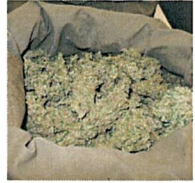
MARIJUANA

Slang names: Weed, Pot, Grass, Reefer, Ganja, Mary Jane, Blunt, Joint, Roach, Nail, Skunk, Dope, and Hash

What is and where does marijuana come from?



It is dried leaves and flowers of the hemp plant (*Cannabis sativa*). There are more than 400 chemicals in the average plant.



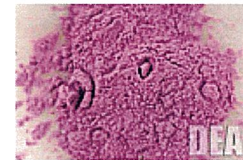
What are the affects?

Brain- the active ingredient (THC) affects the nerve cells in the brain where memories are formed.

Lungs- more than 400 chemicals and a single joint. It contains four times as much cancer-causing tar as a filtered cigarette. Health-can limit your body's ability to fight off infection and long-term use can even increase the risk of developing certain mental illnesses. Not what it seems-can be laced with other dangerous drugs and "blunts"- hollowed-out cigars filled with marijuana- sometimes have substances such as crack cocaine, PCP, or embalming fluid added. Can be addictive.

Signs to look for:

Dizzy and trouble walking, red, bloodshot eyes, smelly hair and clothes, acting silly for no reason, rolling papers and pipes.



HALLUCINOGENS

Slang names: Acid, LSD, PCP, MDMA, Ecstasy, E, Ketamine, Psilocybin mushrooms, Peyote

What are and where do hallucinogens come from?

Hallucinogens cause people to experience hallucinations- imaged experiences that seem real. Certain mushrooms, also known as

