STIMULANTS

Drugs that stimulate the brain, speed up both the mental and physical processes. They increase energy, improve attention and alertness, and elevate blood pressure, heart rate and respiratory rate. They decrease the need for sleep, reduce appetite, improve confidence and concentration, and lessen inhibitions.

Drug use problems can be complex and often vary from person to person. It is important to note that the information provided is to be used as a guide only and may not be suitable for your own situation.

McHENRY COUNTY
SUBSTANCE ABUSE COALITION

CHOOSE YOUR PATH
Substance Use Prevention Coalition

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Substance Abuse Coalition

COMMON STIMULANTS:

- Cocaine & Crack
- Amphetamines
- Methamphetamines
- Ritalin
- Diet Aids
- Adderall

PHYSICAL EFFECTS:

- Restlessness
- Extreme weight loss
- Body Tremors
- Severe dental problems ("meth mouth")
- Eupho
- Violent behavior
- Exaggerated Reflexes
- Paranoia*
- Hallucinations*
- Excited
- Intense itching, leading to skin sores from scratching
- Anxiety and or confusion
- Talkative
- Sleeping problems
- Dilated pupils
- Bruxism

METHODS OF INGESTION:

- inhaling/smoking
- swallowing (pill)
- snorting
- injecting the powder that has been dissolved in water/alcohol

COMMON SIGNS OF USE:

- Relationship problems
- Changes to eating patterns leading to poor nutrition
- Mood swings
- Trouble with the police
- Sudden change of friends
- Sleep disturbance
- Reduced interaction with family
- Explosive outbursts
- Unexplained need for money
- Declining school/ work performance

OVERDOSE EFFECTS:

- Hyperactivity/sweating
- Chest pain/pounding heart
- Severe Headache
- Difficulty passing urine
- Shaking/trembling/spasms
- Paranoid, delusional, irritable, anxious or psychotic behavior
- Raised temperature
- Rapid breathing/ feeling that you can't breathe
- Disorientation
- Convulsions

*paranoia—extreme and unreasonable distrust of others
*hallucinations—sensations and images that seem real though they aren't

Scan me to learn more!