

STIMULANTS 101

facts on stimulant use

001.



WHAT IS A STIMULANT

examples: crystal meth, cocaine, crack, MDMA

Stimulants or “uppers” are a class of drugs that stimulate the body’s central nervous system (CNS), which includes the brain and spinal cord. Stimulants can temporarily increase a person’s energy level and alertness.

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SLANG TERMS

what you might hear stimulants called

crystal meth: meth, crystal, ice, speed, tina, jib, crank, glass, chalk, rock, peach, pink, tweak, candy, peanut, blade, **crack:** nugget, grit, hail, dice, rock, candy **cocaine:** coke, blow, big c, dust, line, rail, snow, powder, dust, white, pearl, bump, **mdma:** molly, ecstasy, e, x



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HOW ARE STIMULANTS USED

and how you can reduce risks when using them

Stimulants can be swallowed, smoked, snorted, shafted or injected. To prevent spread of infections, always use sterile supplies. Use lip balm, chew gum, or drink water/fruit juice to keep your mouth moist and reduce possibility of infection. Take vitamins or eat before using stimulants, you might not feel like eating after. When you’re coming down, eating can help you fall asleep.

For more information on stimulant overdoses and where to access supplies, please visit www.towardtheheart.com

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