

What is GHB / GBL?

GHB and GBL are drugs that often come as a clear liquid and are used for their strong sedative effects.

During use, it can make you feel:

High	Drowsy
Relaxed	Groggy
Confident	Disorientated
Sexually aroused	Uncoordinated
	Nauseous
	Blurred vision
	Passing out
	Seizures
	Death

Afterward, signs of a comedown can be:

Issues sleeping

Low mood

Anxiety

Paranoia

Headaches

Feeling very hot or very cold

This may last 24 hours

If someone is experiencing:

Feeling numb and disorientated
Shaking uncontrollably
Vomiting
Loss of consciousness
Seizures

Then:

Call 111 for an ambulance
Lie them on their side with open airways
Stay with them
Reassure them

Did you know?

GBL is stronger and easier to overdose on than GHB. Taking a smaller amount of either will lower your risk of accidental overdose.



Be safer when using by:

- > Assuming you have GBL and taking a smaller amount
- > Talking about consent with your partner and practising safe sex
- > Not mixing with alcohol or other drugs that slow down your body
- > Avoid taking more, and if you do, set a timer for at least a 2 hour break in between doses
- > Using drug checking services
- > Not using while pregnant

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

Consider making changes if:

Using and comedowns affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

Get support to make changes if:

You are spending more time/money on GHB / GBL than you want

You are always thinking about GHB / GBL

Others are concerned about your GHB/GBL use

It is affecting your mental health

You are finding yourself in risky situations when high

Seek professional help if you or someone you know is:

- > Experiencing physical problems
- > Experiencing withdrawal symptoms
- > Having suicidal thoughts

For support and information contact:

Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
wharaurau.org.nz/taiohi.org
TheLevel.org.nz



GHB / GBL



Āta haere i a koe e hōpara I te ao
Take care as you explore the world