

What are synthetic cannabinoids?

Synthetic cannabinoids (synnies) are chemicals that are sprayed on to plant material to look like cannabis.

Did you know?

Synthetic cannabinoids are often sprayed unevenly across plant material. This means that it's hard to measure your dose.

During use, it can make you feel:

Relaxed	Nauseous
Energetic and talkative	Hungry
Euphoric	Dizzy

Anxious
Drowsy
Groggy
Confused

Chest pain
Passing out
Psychosis

Seizures
Death

Afterward, signs of a comedown can be:

Feeling anxious

Low mood

Irritability

Body aches

Strong cravings

Paranoia

Upset stomach

How long this lasts depends on the type of synthetic cannabinoid used and how much was taken

If someone is experiencing:

A fast or irregular heartbeat
Difficulty breathing
Extreme agitation or
Paranoia
Loss of consciousness
Seizures
Foaming at the mouth

Then:

Call 111 for an ambulance
Lie them on their side with open airways, regularly check they are breathing
Stay with them
Reassure them



Be safer when using by:

- Avoiding using alone - have a sober person around you when you use
- Only using small amounts
- Stopping if you feel unwell, uncomfortable, or nervous
- Not mixing with alcohol or other drugs that slow down your body
- Avoiding use 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 are affecting relationships, study, or work

Unpleasant effects outweigh the pleasant effects

You are finding it difficult to slow down or stop

Get support to make changes if:

You are spending more time/money than you want on synthetic cannabinoids

You are always thinking about synthetic cannabinoids

It is affecting your mental health

Others are concerned about your use

Seek professional help if you or someone you know is:

- Using more to get the same effect or feel 'normal'
- Finding it hard to stop using
- Experiencing physical problems
- 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



SYNTHETIC CANNABINOIDS



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