

What are synthetic cathinones?

Synthetic cathinones are a group of drugs that come as a powder, crystals or pills. They are stimulants and are commonly known as 'bath salts'.

Did you know?

Synthetic cathinones are sometimes sold as MDMA but can often have stronger and more unpleasant effects.



During use, it can make you feel:

Euphoric
Energetic

Rapid heartbeat
Hot / dehydrated

Closer to people
Socially confident

Grinding teeth
Difficulty urinating

Sick / vomiting
Agitated / aggressive
Paranoid / anxious

Seizures
Violent
Death

Afterward, signs of a comedown can be:

Low mood / anxiety

Aggression or anger

Difficulty sleeping

Feeling sick

Paranoia

Difficulty moving

Hallucinations

This can last from several hours to 1 week

If someone is experiencing:

Severe or long-lasting anxiety
Paranoia
Vomiting
A fast or irregular heartbeat
Difficulty breathing
Seizures

Then:

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



Be safer when using by:

- > If snorting, using a clean straw and using a nasal rinse
- > Taking a smaller amount
- > Avoiding taking more, and if you do, waiting at least an hour for the effects to kick in
- > Using drug checking services
- > 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 cathinones

You are always thinking about synthetic cathinones

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
- > Using synthetic cathinones to avoid a comedown
- > 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 CATHINONES



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