

## 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](http://drugfoundation.org.nz)  
[wharaurau.org.nz/taiohi.org](http://wharaurau.org.nz/taiohi.org)  
[TheLevel.org.nz](http://TheLevel.org.nz)



## SYNTHETIC CATHINONES



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