

Cocaine is the third-most commonly used illicit substance in the UK, after alcohol and cannabis.

COCAINE



THE FACTS

Cocaine is a white powder derived from the leaves of the coca shrub, a plant that grows in South America.

It is usually split into lines and snorted up the nose though it may be swallowed or, rarely, made into an injectable solution with water.

Cocaine is a strong but short-acting stimulant drug that speeds up the body. It makes users feel energetic, confident, alert and strong.

Crack cocaine is an intense but short-acting drug produced through a chemical process that produces peanut sized 'rocks'. Crack is usually smoked in a pipe, glass tube, plastic bottle or in foil. It often makes a cracking sound when heated.

If you are concerned regarding your cocaine use, please scan the QR code below or call 01253 311431



For 25s and over



If you require this information in another format, please let us know



For under 25s

RISK AND HARM REDUCTION

As cocaine is a stimulant, high doses increase heart rate and body temperature and can lead to heart problems. Including heart attacks, strokes and seizures. There has been an increase in deaths related to cocaine use. Start low and go slow.

Don't mix cocaine with other drugs, including alcohol. Mixing the two could form a dangerous chemical called cocacthylene.

Using cocaine a lot can make people feel tired, depressed and rundown. At higher dose levels users may feel very anxious, panicky and paranoid. With chronic use dependence, restlessness, hyperactivity, insomnia and weight loss may develop. As with all drugs it is best to be with others you know and trust if you plan to take cocaine.

Snorting cocaine can lead to nose bleeds and permanent damage to the inside of the nose, so be sure to flush out your nose after using.

Also, to prevent the transmission of viruses such as hepatitis, use your own equipment and do not share paraphernalia.

If you are concerned regarding your cocaine use, please scan the QR code below or call 01253 311431



For 25s and over



If you require this information in another format, please let us know



For under 25s