The Drugs Wheel

A new model for substance awareness

Stimulants

"Invincible", confident, pain-free, euphoria, hallucinations, constricted pupils, respiratory depression, withdrawal, overdose

"Uppers", increased energy, increased heart rate, euphoria, dilated pupils, paranoia, anxiety, sexual arousal, sexual impotence, comedowns

Empathogens "Loved up", connectedness, warmth, understanding, sweating, arousal, mood swings, depression

"Trips", spiritual connection,

heightened senses, visual

or auditory hallucinations,

anxiety, panic, mental

health issues

"Buzzing", euphoric, confident, relaxed, risk-taking, withdrawal, unconsciousness, coma, vomiting, death

> "Stoned", calm, munchies, chilled out, floaty, giggly, sensual, paranoid, dry mouth, anxiety, lazy, mental health issues Spionidennes

"Out of body", euphoric, floaty, numb, scared, unable to move, in a 'hole'

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disconnected, relaxed,

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Designed in collaboration with DrugWatch: an informal association of charities, organisations and individuals who share an interest in establishing a robust early warning system in the UK for all types of drugs.

