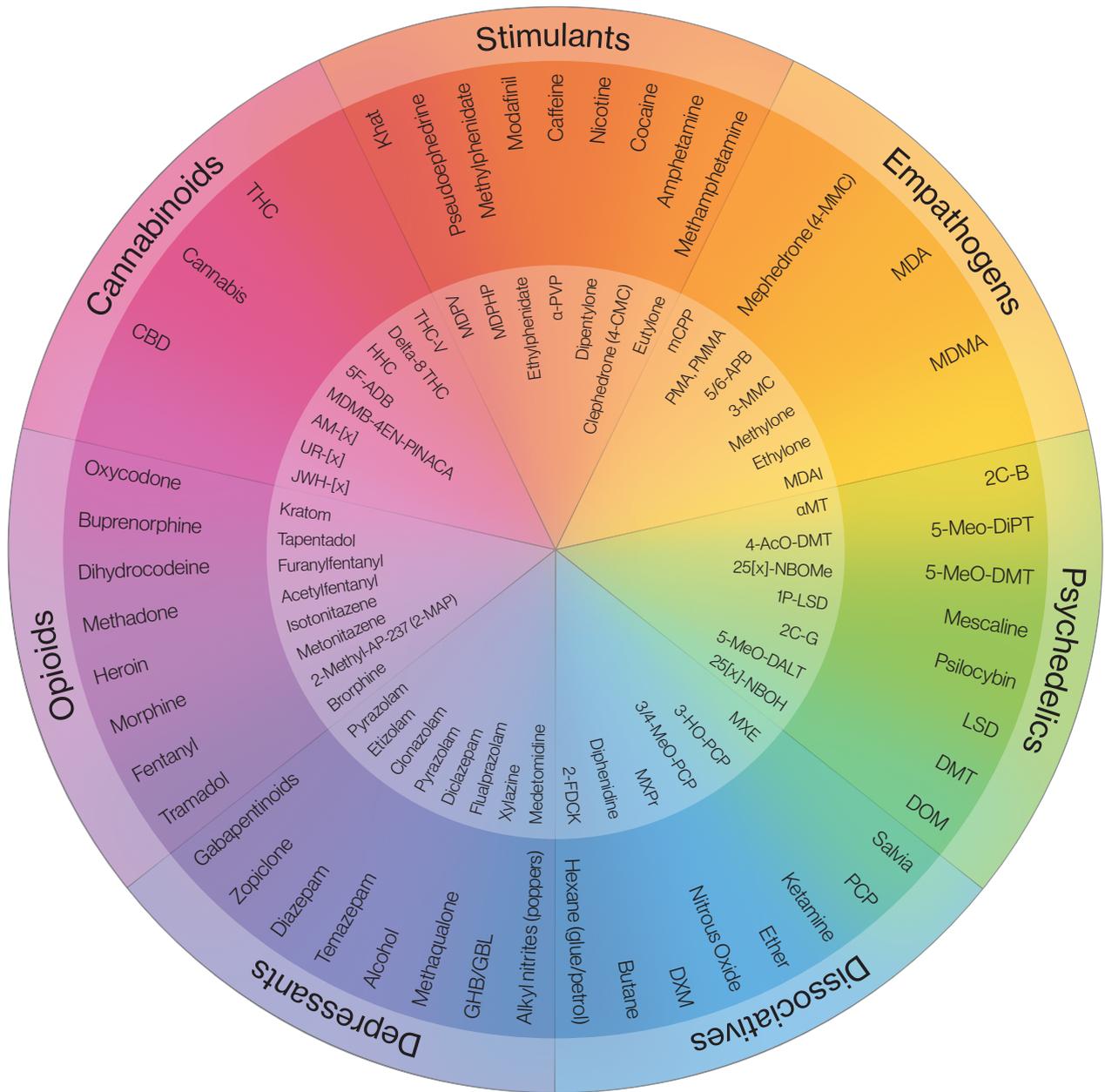


# The Drugs Wheel



## Outer ring

Established substances

## Inner ring

Newer psychoactive substances

Stimulants	Empathogens	Psychedelics	Dissociatives	Depressants	Opioids	Cannabinoids
Racing heartbeat, sweating, energy, confidence, well-being, arousal, euphoria, lowered appetite, clenched jaws, dilated pupils, paranoia, anxiety, mood swings, impotence	Belonging, arousal, understanding, sweating, serotonin syndrome, erectile dysfunction, warmth, overheat, overdose, risk of dehydration or overhydration	Visual disturbance, spiritual connection, loss of control, heightened senses, opened doors of perception, panic, mood swings, arousal, fear, vomiting, mental health harms	Euphoria, numb, safe, pain-free, floaty, relaxed, protected, happy, unaware, unconscious, in a 'hole', perceptual disturbances, scared, disconnected, vulnerable	Relaxed, confident, care-free, risk-taking, unconscious, coma, euphoria, death, disinhibited behaviours, blackouts, sleep, vomiting, nausea, aggression, dependence	Confident, pain-free, safe, sleepy, warm, feel invincible, itchy, constricted pupils, stop breathing, nausea, vomiting, euphoria, sweating, overdose, dependence, withdrawal	Calm, relaxed, chilled out, floaty, reduced pain, paranoia, anxiety, loss of memory, bloodshot eyes, increased sensuality, dry mouth, overexcited, changes to appetite

UK version 2.0.1 [18/02/2026]

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Designed in collaboration with UK & Ireland 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.

