



Supporting recovery  
Reducing harm  
Rebuilding lives

# Drugs: the facts

## Did you know?

- Cannabis is a class B drug.
- Cocaine is a class A drug.
- Ecstasy is a class A drug.
- Heroin is a class A drug.
- Heroin is extremely addictive, and the body soon gets used to it so needs more and more to get an affect.
- Heroin can kill especially when mixed with alcohol.
- Spice (synthetic cannabis) is a class B drug.
- Legal highs are so-called and are not legal.
- There were 2,917 deaths due to drug poisoning in 2018/2019.
- 18,053 hospital admissions from poisoning and 7,376 due to drug induced mental health issues.
- 1.3 Million people in UK aged 16 to 59 used a class A drug 2018/2019.



## Drugs and your health

- All drugs have a psychological and physical effect on the body.
- Drugs cause anxiety, depression, increased heart rate and high blood pressure leading to breathing difficulties and ultimately death.
- They also cause paranoia, impair memory, appetite, and sleep patterns.
- Drugs can lead to various forms of cancer, especially lung cancer if smoked.
- Mixed with alcohol, cocaine and or heroin can be extremely toxic and lead to death.
- Naloxone can be supplied by SIAS. You or your partner/family should be shown how to administer it in the event of overdose.

## Drugs and the law

- Possession of class B drugs can lead to five years in prison.
- Supply can lead to 14 years in prison.
- Possession of class A drugs can lead to seven years in prison.
- Supply can lead to life in prison.
- So called legal highs are not actually legal and are aimed at children due to their availability and are designed to appeal to children.
- Driving while under the influence of drugs can lead to imprisonment, a ban and heavy fine.




**If you are in need of support or guidance for yourself or another, please call us on:**

**0121 301 4141**

SIAS is a partnership between Birmingham and Solihull Mental Health NHS Foundation Trust, Welcome, Aquarius, Changes UK and Urban Heard and is commissioned by Solihull Council.

We work closely together to offer easy access to appropriate support and treatment for individuals whose drug or alcohol use, or gambling has become problematic. We also offer support to their families and friends.

## Find out more

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