Includes information about Spice & the Psychoactive Substances Act
Synthetic cannabinoids come in branded packets, as a C-liquids (to go in vaporisers), as a powder and ‘loose’ in snap bags containing... well whatever they feel like chucking in the bag really.
Clock Work Orange, Psyclone, Exodus Damnation, Happy Joker, Black Mamba ... these and many others are brand names printed on packets that contain chopped up plants.

These plants don’t get you high, however, they are sprayed with chemicals that do. These chemicals are called **synthetic cannabinoids**.

One of the first brands on sale was called ‘*Spice’*. This is now used as a street name for any of these products.

The chemical contained in the original ‘*Spice’* brand (*JWH-018*) was made illegal in 2009. But ‘legal high’ producers just made spice using other chemicals (such as one called *AM-2201*). This was still ‘legal’ and even stronger than those they had banned.

In 2013 the government tried again and banned *AM-2201* along with a long list of other chemicals. Can you guess what happened?

Those naughty ‘legal high’ producers made spice using other chemicals (such as *5F AKB-48*). These chemicals were still legal – Doh!

The government were so cross with those naughty legal high producers that in April 2016 they brought in a new law called **The Psychoactive Substances Act**.

This law makes it an offence to sell any form of spice. In fact it makes it an offence to sell anything that can get you high ... crikey!

These laws are complicated and covered in more detail on page 11.
The cannabis plant contains chemicals called **cannabinoids**. The main one that gets you high is **THC**.

When you smoke cannabis the THC stimulates special areas of your brain (called **cannabinoid receptors**). Depending on how much you smoke, this leads to you feeling ... **stoned, blazed, wasted, totally F.U.B.A.R.**

Synthetic cannabinoids are man made chemicals. They are quite different to THC but they stimulate the same areas in your brain. In fact some are much better at stimulating your brain than THC. This is why the effects of spice can be much stronger and quite different to the effects of cannabis.

Some synthetic cannabinoids are much stronger than others. The potency of different spice brands also depends on the amount of chemical sprayed onto the plants.

Spice has an effect in very small doses. Much smaller amounts will get you high than even the strongest ‘skunk-weed’ types of cannabis.

**The biggest mistake first time spice users make, is using too much.**

If you are using herbal spice, a pinch the size of a match head is enough to get you very high.

It is very easy to use too much if you are using spice powder sprinkled onto tobacco and if you are buying ‘hand made’ herbal spice in a snap bag from a dealer or friend it is impossible to know what is in it or how potent it will be. The chemical will not be evenly distributed, so some bits of this mix may be much stronger than others.

C-liquid should never be used ‘neat’. Start with a tiny drop mixed with e-liquid to see how potent it is.
F.U.B.A.R.
A herbal incense that will get you confused if not down right confuckinfuzzled

SPICE CAN KILL

NOT FOR HUMAN CONSUMPTION
LINNELL RESEARCH CHEMICALS

HARMFUL
18
NOT FOR SALE
The effects of spice start within seconds of smoking it. The effects vary depending on which brand or type you use and how much you smoke.

For new users, with large doses or stronger brands, the effects can be overpowering.

You may feel numb in your arms and legs; lose your balance or fall over; you may get cramps; might vomit; may sweat; a nasty rash may develop and you may feel like bugs are crawling under your skin.

Your chest will feel tight and you may have trouble breathing. Your heart races and may beat erratically.

You will be confused if not down right confuckinfuzzled as you try and work out what, where and who you are.

Some of the strong brands can cause frightening visions or hallucinations. They can take you to what feels like a different reality, almost the same as this one, but a lot more scary. The mental effects together with the physical effects can cause panic.

Thankfully, the scary stuff doesn’t usually last more than half an hour before more cannabis like effects waft over you. You will usually feel straight (sometimes suddenly) within an hour provided you don’t smoke anymore.

However, plenty of people have ended up in hospital as a result of using spice. Spice is highly toxic* and is without doubt, far more dangerous than good old-fashioned cannabis.

A small but growing number of people have died after using spice.

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* Synthetic Cannabinoids may cause muscle breakdown, both high and low blood pressure, acute kidney injury, seizures and low potassium levels.
ZOMBIE APOCALYPSE

Spice is very addictive
Long term risks are not known

HARMFUL

NOT FOR HUMAN CONSUMPTION

18

NOT FOR SALE TO ANYONE UNDER 18

Lost in Spice
SPICE ZOMBIES

Those not put off by their first experience may soon notice that spice starts to feel more ‘cannabis like’ when used regularly.

You may start to use more to try and get the same effect, in fact spice can be very, very moreish.

**Most people now say spice is far more habit forming than real cannabis.**

A spice habit can develop very quickly. You may start to smoke it all day, then get up in the middle of the night to smoke more. You may get agitated if you don’t have any spice.

Friends may notice that you stumble around looking like a pink eyed zombie. They may notice changes in your behaviour.

Some can stop using spice without any bother, while others find it very difficult. They may sweat a lot, have trouble sleeping and have intense cravings for spice if they stop.

Some people try going back to cannabis, but after using spice the effects of cannabis can seem mild.

Like real cannabis, spice may trigger mental illness (psychosis) in some people. Particularly those who have had mental health problems or have a history of it in the family.

We know next to nothing about the long-term effects of spice, as nobody has ever used it for a long time. Those using it for three, four, five years are the guinea pigs for our understanding of the long-term risks.
Possessing ‘legal’ spice is not an offence

NOT FOR HUMAN CONSUMPTION

18

NOT FOR SALE TO ANYONE UNDER 18
Selling or supplying any sort of spice (even giving it away to friends) is now an offence, but buying ‘legal’ spice is not. However, importing ‘legal’ spice by buying it from a foreign website would be illegal (probably).

If the police catch you with spice, you can still be arrested. Provided they don’t think you planned to sell it and it doesn’t turn out to be an ‘illegal’ spice (spice containing a synthetic cannabinoid controlled by the Misuse of Drugs Act) you won’t be charged with an offence.

The current ‘legal’ types of spice could still be controlled by the Misuse of Drugs Act in the future.

Possession of ‘legal’ spice is not an offence under the Psychoactive Substances Act unless you are in prison.

On April 6th 2016 the Psychoactive Substance Act became law. Put simply any substance is now illegal to sell, supply, produce, import or export if it is likely to be used to get high. This law is designed to stop shops and websites from selling drugs like spice.

Hundreds of synthetic cannabinoids were controlled by the Misuse of Drugs Act in 2009 and 2013. These are now class B drugs the same as cannabis, so this spice is ‘illegal’.

Most (although not all) of the spice on sale from shops and websites up until April 2016 was ‘legal’ as it contained newer synthetic cannabinoids that are not controlled by the Misuse of Drugs Act.

Possession of ‘legal’ spice is not an offence under the Psychoactive Substances Act unless you are in prison.
There are tests for some synthetic cannabinoids and new laws have been introduced in prison.
You won’t test positive in a drug test for real cannabis if you smoke spice, but there are tests available for the chemicals (synthetic cannabinoids) in spice.

Because there are so many of these chemicals it is often difficult to tell if the chemical was covered by the Misuse of Drugs Act and difficult to know how long after they were used that they can be detected in tests.

It is an offence to drive a car while intoxicated with any drug or substance.

Spice has become popular in prisons. The smoke doesn’t smell as much as skunk, and if caught with a ‘legal’ spice product in prison it was treated like other banned items such as alcohol ... however.

As mentioned on the page 11. Possession of ‘legal’ spice is not an offence unless you are in prison, (young offender or removal centre etc.).

Being caught in possession of any ‘psychoactive substance’ is now an offence in prison. The offence carries a maximum sentence of up to two years and/or a fine.

New prison rules also allow for Mandatory Drug Testing of spice and other drugs that are not controlled by the Misuse of Drugs Act such as pregablin.

Anyone caught taking spice in through visits is committing an offence.

There are also plans to introduce more security measures including training sniffer dogs to detect spice.

* Accurate when written in April 2016
Find out as much as you can before you take any new batch. Although no guarantee, the chemicals are often listed on the back of branded packets. Google these long names.

Always start a new batch of ‘herbal’ spice with a tiny (match head size) test dose. This is particularly important with ‘handmade’ spice as you have no idea what is in it or how potent it is.

Use one drop of C-liquid mixed with a barrel full of e-liquid to test potency – never use C-liquids neat. Be very careful if using spice powder. Remember the old drug users saying ‘You can always take more, but you can never take less’.

If you have stocked up ahead of the Psychoactive Substances Act, be aware that having a big stash can lead to heavy use and ‘addiction’.

It’s best to smoke sitting down as you may fall over or pass out. Spice effects can be frightening, particularly for new users. Don’t panic – it won’t last forever.

If you can avoid it, don’t use alone. If you or a friend experiences severe vomiting, rashes or breathing difficulties or any other serious symptoms – ring for an ambulance.

If somebody is unconscious and you can’t wake them, lay them on their tummy (the recovery position) to stop them choking on their own vomit (see below) – then call for help.

If you feel your use of spice is getting out of hand or you are having trouble stopping – confidential help and advice is available.
To highlight the law and the known risks and raise the main health and safety and legal issues around the use of synthetic cannabinoids.

Young people, adults and prisoners at risk of or engaged in the use of synthetic cannabinoids. Use with under 16s with support.

Some swearing.

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