



SPICE

There is no safe way to use 'Spice'

If you experience a sustained period of fast heart rate or chest pains, call an ambulance

The facts

- Spice is just one type of **Synthetic Cannabinoid** (or Synthetic Cannabinoid Receptor Agonists (SCRAs))
- Other types include **Black Mamba, Kronic, Pandora's Box, Clockwork Orange**
- Spice is **not the same as natural cannabis** - it can be much stronger and the effects are unpredictable; **can lead to seizures, vomiting, unconsciousness, acute kidney injury, dependence and withdrawal.**
- Spice does not contain any CBD, which is the natural balancer in cannabis, therefore individuals are more likely to suffer from **negative mental health effects**. If you suffer from anxiety or mental health problems, do not take Spice.
- Different packets can produce different effects, and some are significantly stronger than others. **Be aware there are changes in strength even in the same packet.**

If you are going to use Spice

- Start with small doses. Consider a quantity no larger than a match head.
- Wait until the effects have gone before smoking more.
- Do not take on their own (use tobacco/dried herbs).
- Do not use with cannabis, or other substances.
- Avoid smoking through a pipe or bong.
- Only use them in an environment where you feel safe and with people you trust.

If you want support or advice, please talk to a staff member