



SPICE information sheet

Using SPICE can be extremely dangerous, potentially causing all sorts of mental health / physical health complications, and even death.

Warn service users that if they are smoking dog ends or sharing cigarettes with others, that SPICE maybe present, so they may unintentionally smoke it.

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. It has been reported that SPICE has quicker onset of effects (usually within minutes), worse hangover affects, more intense visual hallucinations, psychosis, agitation, paranoid feelings, and behavioural disturbances. The length of the effect varies and can range from 1-2 hours and up to 6-8 hours for other variants. SPICE can be up to 100-800 times more potent than natural cannabis. SPICE, it is also very cheap (£10 a gram).

SPICE names include K2, Man down, Black Mamba, Kronic, Pandora's Box, Clockwork Orange.

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.

SPICE effects are unpredictable and can lead to **seizure, vomiting, heart attack, unconsciousness, acute kidney injury, dependence, and withdrawal.**

If you are going to use SPICE consider **harm minimisation:**

- Start with small doses. Consider a quantity no larger than a matchstick head.
- Wait until the effect have gone before smoking more.
- Do not take on its own – use tobacco/ dried herbs
- Avoid smoking through a pipe or bong
- Only use in an environment where you feel safe and with people you trust.

Further information

Neptune has put together some great guidance around the harms of SPICE and how to manage usage. For instance, some great harm minimisation advice can be found in Box 4 with Box 5 providing a list of harms associated with use <http://neptune-clinical-guidance.co.uk/wp-content/uploads/2016/07/Synthetic-Cannabinoid-Receptor-Agonists.pdf>

A documentary on SPICE can be found at: <https://www.youtube.com/watch?v=9jvZSisziRo>

SPICE warning poster that can be used in services: <https://groundswell.org.uk/wp-content/uploads/2020/10/SPICE-warning-poster-Groundswell-branded.pdf>