

GET REAL ABOUT DRUGS.

Five Groups of Drugs

Please note that all drugs are dangerous and that their effects will differ for each individual

Depressants

- Impair central nervous system functioning.
- Also known as "Downers".
- Make you feel calm or sleepy.
- **High risk for addiction** and overdose.
- Examples: Alcohol & Anxiety or Sleep Medication.



Stimulants

- Enhance central nervous system activity.
- Also known as "Uppers".
- Makes you feel awake, euphoric, and energetic.
- **Incredibly addictive.**
- May cause heart failure.
- Examples are: Caffeine, Cocaine, Methamphetamine, & Ecstasy.



Get Help Today!

SADAG Substance Abuse Helpline
0800 12 13 14 or SMS 32312

Alcoholics Anonymous
0861 435 7222

Narcotics Anonymous
083 900 6962

SANCA
011 781 6410

UP Care Line
0800 747 747

Student Counselling Unit
studentcounselling@up.ac.za

Hallucinogens

- Mind-altering drugs.
- Distort your experience of reality.
- Can also cause feelings of detachment from reality.
- Less addictive.
- Immediate impact is dangerous.
- Example: LSD, Magic Mushrooms, PCP.



Opioids

- Opioids occur naturally in the Poppy plant.
- Block pain and cause intense sedation and euphoria.
- Some of the **most addictive** and **deadliest** substances.
- Example: Heroin & Morphine



Inhalants

- Vast range of chemicals that are inhaled.
- Common substances that are not suitable for human ingestion.
- Moderately addictive
- **Incredibly dangerous**
- Serious health effects.
- Example: Petrol, Glue, Paint thinner



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