

# HYPE

Hounslow Young People Engaged



**Drug and Alcohol Service  
for the Young People of Hounslow**

**HYPE** is a free and confidential service for young people in Hounslow who want help and support where the use of alcohol or drugs, such as cannabis, alcohol, heroin, cocaine and new psychoactive substances have impacted on their lives.

The service meets young people wherever they feel comfortable to meet, be this at school, college or at home, through a range of workshops, one to one sessions and activities. The approach is non judgemental, offering support, which is appropriate to where the young person's needs have been identified.

### **Eligibility criteria (who is the service for?)**

HYPE is a free and confidential service for young people living or schooling in Hounslow, as well as their families and carers, who are experiencing problems associated with the use of drink or drugs.

### **How can someone be referred?**

Any health or social care professional can make a referral on your behalf. You can also self-refer to the service in person or contact us by phone or by emailing [cnw-tr.hype@nhs.net](mailto:cnw-tr.hype@nhs.net).



# MDMA (Ecstasy)



## AKA:

MDMA, E, Eccies, Tabs, Pills, XTC, Molly, Doves, Apples, Mitsubishis, Adam, Beans

## Popularity:

3.9% of 16-24 year olds used in last year (CSEW 2013/14)

## Method of use:

Swallowed  
MDMA powder – snorted

## Duration:

30-60 minutes onset  
3-5 hours duration

## Effects:

**Positive:** energetic, mild hallucinations, positive mood, sleepless, low appetite, feelings of empathy and closeness, libido  
**Negative:** Anxiety, panic attacks, nausea, hot, flushed, dizzy

## Law:

Class A, Schedule 1

## Cost:

£1-10/tablet, £30-50/g powder

## Source:

Made in Europe and Asia

## Indicators:

Dilated pupils, grinding teeth, sweaty, happy mood, energetic, clenched jaw

## Risks:

Death from heat stroke, liver/kidney failure, heart failure, reaction to pill, excess water intake. Other risks include convulsions/fits, low mood in comedown, depression

## Other Information:

MDMA is sold in powder and tablet form. What is sold as MDMA/Ecstasy could contain other compounds some of which like PMA are more dangerous and associated with fatalities



# Nitrous Oxide



## AKA:

N<sub>2</sub>O, Laughing Gas, 'Hippy Crack,' Nitrox, Whippets

## Popularity:

7.6% of 16-24 yr olds reported use 2013/14, up from 6.1% in previous year. (CSEW 2014)

## Method of use:

Gas discharged into balloon and inhaled; rarely from cylinder via mask

## Duration:

Under 5 minutes/balloon

## Effects:

Mild euphoria, hilarity, sense of disassociation, disorientation, reduced sense of pain; enhanced experience of other psychedelics

## Law:

POM if sold as anaesthetic.  
Unregulated if used as food-stuff

## Cost:

£1/balloon;  
£1-2/whippet

## Indicators:

Balloons, empty whippets, disorientated

## Risks:

Accidents when intoxicated;  
lung damage if used incorrectly,  
tolerance, vitamin deficiency,  
anoxia if used from cylinder,



# Cocaine and Crack



## AKA:

**Cocaine:** charlie, coke, snow,

**Crack:** rock, freebase, white, stones, bones

## Popularity:

Cocaine: 5.5% of 16-24 in last year

Crack: 0.5%

(BCS 09/10)

## Method of use:

**Cocaine powder:** snorted,  
rubbed on gums, IV

**Crack:** smoked, swallowed, IV

## Duration:

Sniffed 1-2 hours

Smoked: 15 minutes

## Effects:

**Positive:** alert, energetic, awake,  
euphoric, confident, less appetite,  
talkative

**Negative:** anxiety, paranoia, delusional



## Law:

Class A; Sch 2

## Cost:

Cocaine: £30-60gm

Crack: £5-10/rock

## Source:

Processed from coca plant in  
South America.  
Crack made in UK from cocaine

## Indicators:

Dilated pupils, restless, talkative,  
anxious, grinding teeth

## Risks:

Weight loss, insomnia, tooth damage,  
nasal damage, mental health problems,  
addiction,  
Lung damage (if smoking crack),  
convulsions, heart failure, high blood  
pressure, death

# Cannabis



## AKA:

Puff, dope, marijuana, blow

**Plant:** herb, weed, sensi, skunk

**Resin:** hash, black, soap

**Extracts:** amber, shatter, honey, BHO, rosin

## Popularity:

30.7% of under 16-24s say have ever used; 16.7% used in last year  
(similar to previous five years, down since 2000) [CSEW 2017-18]

## Method of use:

Smoked in 'spliffs' with tobacco, in pipes, bongs or vaporised. Also eaten and drunk

## Duration:

Smoked: 1-2 hours

Eaten: 3-6 hours

## Effects:

**Positive:** relaxation, calm, hilarity, altered perception, munchies, drowsiness

**Negative:** anxiety, panic attacks, nausea



## Law:

Most cannabis products are  
Class B, Schedule 1:  
All medical products Schedule 2  
except "Sativex": sch 4:I  
CBD: non-controlled

## Cost:

£10/g (small weed deals) –  
100g (concentrates) £150-250/oz (buds)

## Source:

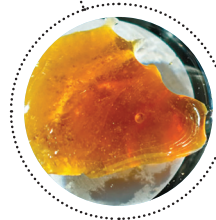
Home-grown, imported from  
Europe, Africa, Asia

## Indicators:

Red eyes, husky voice, smell of burning,  
dismantled cigarettes, torn card, munchies

## Risks:

Apathy, lethargy, short term memory loss,  
increased risk of mental health problems,  
lung problems, psychological dependency



# Alcohol



## AKA:

Booze, bevvies, brew, hard stuff, juice, ethanol

## Popularity:

87% of men  
84% of women  
drank in last year

## Method of use:

Drunk;  
Other (daft) routes used

## Duration:

1 hour per unit

## Effects:

**Positive:** relaxation, disinhibited, laughing, slowed reactions, nausea, drowsiness

**Negative:** loss of muscle control, unconsciousness



## Law:

18+: legal to buy in  
pub/off licence

## Cost:

Varies by drink and quantity

## Source:

Pubs, clubs, shops

## Indicators:

Smell of alcohol, red eyes,  
slurred speech

## Risks:

Liver problems, damage to heart, pancreas, brain, skin. Increased risk of mouth, throat and stomach cancers.

Weight gain, accidents, reckless behaviour, addiction, poisoning, death

# Lean



## AKA:

Purple drank, purple lean, sizzurp, dirty sprite, barre, Texas tea, syrup, purple jelly

## Method of use:

Drunk – is a made of combination of prescription-strength cough medicine/ codeine, soft drinks, and hard, fruit-flavored candy

## Duration:

Up to hours depending on the dose taken

## Effects:

Feelings of euphoria, dizziness, blurred vision, nausea, memory loss, hallucinations, vomiting, lethargy, sweating, irregular heartbeat, trouble swallowing



## Law:

Codeine is a Class B substance and is illegal to buy or supply.

## Cost:

Mixed: Up to £50 a bottle

## Indicators:

Brightly coloured drinks (usually purple) with a faintly medicinal smell

## Risks:

Dental decay, constipation, weight gain, urinary tract infections



# HYPE

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