

Types of Substances

Drugs and alcohol generally fall into 4 categories: depressants, stimulants, opiates, and hallucinogens.

DEPRESSANTS



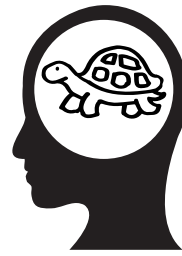
Depressants include:

- Alcohol
- Valium & Xanax

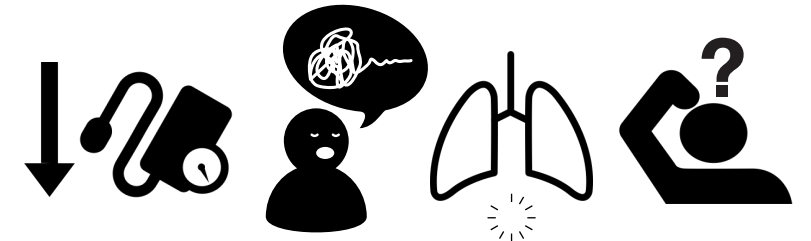


They do not get their name because they make you sad.

They also can be highly addictive. Long-term use and addiction can cause life-threatening withdrawal effects.



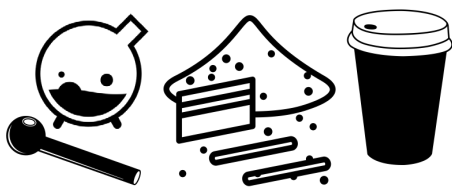
They slow down your normal brain function.



Depressants can cause:

- Slurred Speech
- Lowered Blood Pressure
- Slowed Breathing
- Confusion

STIMULANTS

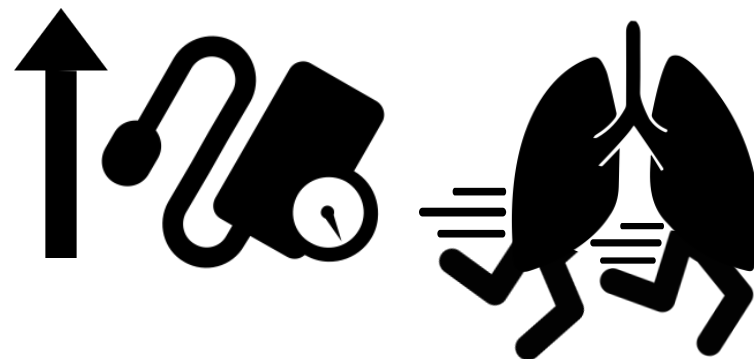


Stimulants include:

- Cocaine
- Methamphetamine
- Amphetamine
- MDMA (Ecstasy)
- Nicotine
- Caffeine



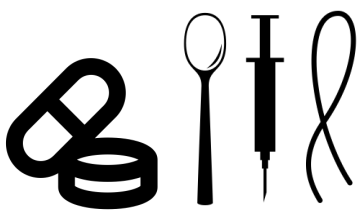
They can cause the heart to beat faster and will also cause blood pressure and breathing to elevate.



Repeated use can result in:

- Paranoia
- Dangerously Rapid and Erratic Heartbeat
- Seizures/Convulsions
- Stroke
- Brain Damage
- Coma
- Organ Toxicity

OPIATES

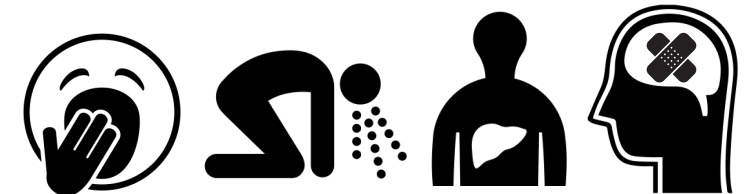


Opiates include:

- Heroin
- Codeine
- Oxycontin



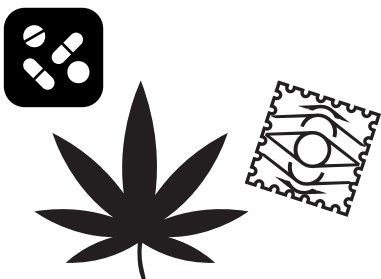
Opiates are powerful painkillers. Regular use — even as prescribed by a doctor — can produce dependence, and when misused or abused, opioid pain relievers can lead to fatal overdose.



Opiates can cause:

- Drowsiness
- Nausea
- Liver Damage
- Respiratory Depression
- Brain Damage

HALLUCINOGENS

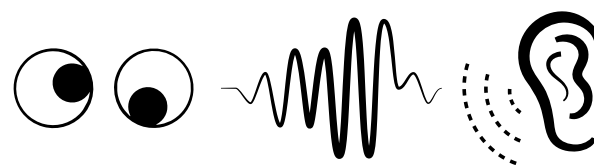


Hallucinogens include:

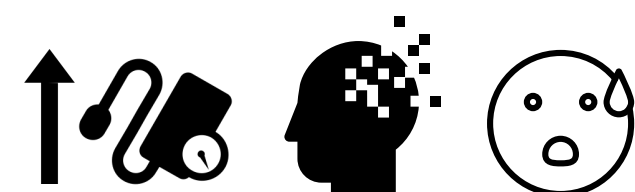
- LSD (acid)
- MDMA (Ecstasy)
- Marijuana



Hallucinogens cause altered perception and feeling.



They have powerful mind-altering effects and can change how the brain perceives reality and cause people to hear voices, see things, and feel sensations that do not exist.



Repeated use can cause:

- Increased Blood Pressure and Breathing
- Sleep Problems
- Excessive Sweating
- Memory Loss
- Depression
- Suicidal Thoughts