Legal highs often have similar effects to those of illegal drugs such as cocaine and ecstasy. People buying legal highs are after a similar effect. We know people want to have fun and enjoy themselves, and we want them to do that safely. Know what you taking and know the risks involved, then if you do experience problems you will not be unprepared.

There are many different legal highs, the following substances are regularly used in a combination of legal highs, brand names and packaging can often change, many legal highs do not list the contents on the pack, and even if they do there is no guarantee that what they say on the pack is actually in the pack. We have more concern about the internet and what is available on line, as there is no way of monitoring this.
**BENZO FURY** Also known as: 6-APB, Bliss

*The Drug*
Benzo Fury is a brand of new legal stimulant which may contain almost anything, including the chemical 6-(2-aminopropyl) benzofuran also called 6-APB. Some batches may also contain other substances, some legal some illegal. Its effects are fairly close to ecstasy including increased energy, mood enhancement with some hallucinations.

It is a granular white or brownish powder which is snorted or bombed. It can also come in pill form. It is relatively cheap to buy (£30 a gram) compared to cocaine but costs more than ketamine and mephedrone (£10-20 a gram) and is bought off internet sites offering “research chemicals”. It is a brand new drug and its harms and dangers are largely unknown but there have been reports of overdosing and collapse.

Although legal to buy and sell at present, its use has been growing recently so may become a banned substance soon which would mean open selling on internet would cease. Like many ‘legal highs’ stimulants benzo fury is manufactured in China.

The name ‘Benzo’ may be misleading – some may confuse it with Benzos or Benzodiazepines such as Valium. The effects could hardly be more different. Stimulants like Benzo Fury energise the central nervous system and suppress fatigue and diet. Benzodiazepines are downers which cause lethargy and sleepiness.

*Effects*
Stimulants like 6-APB give a powerful rush and get the heart racing and blood pressure rising. You may develop palpitations. It is a strong drug so you may feel distressed by its powerful effects if you are a relative novice to stimulants of this kind. The drug also has psychedelic effects or hallucinations. It can make your body temperature rise. You may develop paranoia or experience panic attacks.
It also gives a sense of euphoria and well-being. Music is enhanced and you may talk incessantly. You may also be more easily aroused sexually. 6-APB also suppresses the appetite very effectively.

It takes up to an hour to take effect. It is much longer lasting than many other legal highs perhaps as long as 12 hours but the main peak is perhaps 4 hours.

**Harms**

Stimulants work on the nervous system and makes the heart rate much faster so many of the health issues relate to the heart such as elevated blood pressure and risk of heart attack. Any stimulant badly disrupts sleep patterns and the ability to function with the normal side of life. Using 6-APB may you feel depressed for a day or two after a big night. Taking a drug like alcohol or valium to overcome the depressed feeling would be a bad decision it encourages the idea there is a chemical solution to every situation.

Taking it several times can lead to paranoia, anxiety and even psychotic episodes. Developing dependence is likely if taken regularly. It is likely to have a very negative effect on your sleep patterns and mental health. Some have reported snorting as painful and prompting nose bleeds. Be Safe

So little is known about Benzo Fury you should question the wisdom of taking it at all. Also the ingredients can vary so you can never be sure you know what you are taking.

If you do take it, have only very small amounts orally. Ensure you are not alone or responsible for anyone. Avoid taking it in a club or any other hot environment. Drink moderate amounts of water and no alcohol. Do not mix with other drugs. Leave at least two weeks before taking again. If you feel unwell or distressed do not delay in seeking medical assistance. Always practise safe sex with a condom to avoid STD and pregnancy.

**The Law**

Benzo Fury is a brand not a specific drug. But its commonest ingredient 6-APB is not a controlled drug and can be purchased legally. If caught in possession you are likely to be arrested as 6-APB may be mistaken by the police officer for another controlled drug such as mephedrone. It may become a Class B drug soon which it will make it an offence to possess. Some products called Benzo Fury have contained BZP and TFMPP which are Class B controlled drugs.
**MDAI - Legal** Also known as: Sparkle

**The Drug**
MDAI is a legal stimulant and club drug. Chemically it is 5,6-Methylenedioxy-2-aminoindane. It is a granular, brownish powder which is snorted or bombed.

Some batches may also contain other substances, some legal some illegal. Very little is known about it and its harms and dangers are unclear.

Its effects are reported to be fairly close to ecstasy including mood enhancement with some hallucinations. However it is usually a much more pure drug than ecstasy. It effects are generally milder.

It costs about half the price of cocaine to buy (£20 a gram) about the same as ketamine and mephedrone and can be bought from internet sites offering “research chemicals”. It has been around for a few years but not much knowledge has built up about it. There is a risk of overdose but low potential for addiction.

It is legal to buy and sell at present. Like many ‘legal highs’ stimulants it is most likely manufactured in China.

**Effects**
MDAI can take an hour to work but its effects, when they come, are not gradual – they often come on very quickly, perhaps in a minute or so. It also gives a sense of euphoria and well-being. Music is enhanced and you may talk incessantly. You may also be more easily aroused sexually. MDAI also suppresses the appetite very effectively.

Stimulants like MDAI can give a powerful rush of sensations. Reports suggest its stimulant qualities such as getting the heart racing are much less than many other stimulants like ecstasy. Its effects are more empathetic. But it is a strong drug so you may feel distressed by its powerful effects if you are a relative novice to stimulants of this kind.
It takes up to an hour to take effect. The high last about six hours but the main peak is perhaps two hours.

The drug also has psychedelic effects or hallucinations. It can make your body temperature rise. You may develop paranoia or experience panic attacks.

**Harms**

Any stimulant badly disrupts sleep patterns and the ability to function with the normal side of life. Using MDAI may make you feel depressed for a day or two after a big night but generally it seems the downside is much less than drugs such as cocaine or mephedrone. If you are out clubbing, there is also the risk of drinking too much water which can lead to collapse.

**Be Safe**

If you do take MDAI, have only very small amounts orally. Ensure you are not alone or responsible for anyone. Avoid taking it in a club or any other hot environment. Drink moderate amounts of water and no alcohol. Do not mix with other drugs. If you feel unwell or distressed do not delay in seeking medical assistance. Always practice safe sex with a condom to avoid STD and pregnancy.

**The Law**

MDAI is not a controlled drug and can be purchased legally. If caught in possession you are likely to be arrested as MDAI may be mistaken by the police officer for another controlled drug such as mephedrone.

**2-MK - Legal**

2-MK is a brand new drug which is being marketed as the new and legal version of Methoxetamine (MXE). Almost nothing is known about its harms. Its chemical name may be 2-(2-methoxyphenyl)-2-(methylamino)cyclohexanone) MXE was itself originally manufactured as a legal alternative to ketamine but was banned under a temporary order in April 2012. 2-MK is also a “research chemical”. 
If 2-MK works like MXE it will give a form of out of body experience, it will also be euphoric and hallucinogenic, but at present we do not know. Experienced drug users may enjoy its effects but relative novices could find it too powerful and unpleasant.

Non-one can be sure yet what this drug’s appearance is. Most of these chemicals are often white or off-white crystalline powder which is snorted or swallowed. The cost of these kinds of drugs is usually about £20 a gram. So little is known about this drug you should think twice about taking it at all.

**Effects**
Unknown. These kinds of drugs typically give a rush of euphoria, combined with some hallucinations and an out-of-body feeling. There is often a strong connection to music. This may be enjoyable to some or disturbing to others leading to paranoia and perhaps a panic attack. Limbs tend to feel heavy. Some people on higher doses appear to be in a catatonic state. It may have some qualities of an anaesthetic so it would be a bad choice to mix it with alcohol which could make you even more disorientated.

**Harms**
Nothing is known about the harms of 2-MK. There is no toxicology data on how harmful it is. The immediate dangers of 2-MK may be similar to ketamine and MXE which are risk of self harm through blocked pain sensation. These drugs can also impact on your short term memory so can be very disruptive to your study, work and can increase heart rate and blood pressure. They are powerful dissociative drugs and can give very disturbing and prolonged experience particularly for less experienced drug takers. There may be a high risk of physical collapse. Anyone with a mental health problem should not contemplate taking 2-MK.

Ketamine has been linked to bladder problems including incontinence, peeing blood, cystitis and bladder damage. It is not known if these are side affects from taking 2-MK. Neither is it known how addictive the drug is, but regular use of these types of drugs can lead to increased tolerance and dependence.

**Be Safe**
There is currently no information on how strong 2-MK is. But as a precaution take smaller and fewer lines if snorting. If you are going to take 2-MK, don’t mix it with any other drugs and certainly not with drugs you have not tried before whether legal or illegal. Like ketamine and MXE, this drug may not mix well with alcohol.

It should be taken with small groups of people not in a big club or at a festival, taken in low doses, indoors, in a safe environment. If you feeling a bit low or
depressed do not take it; it can worsen your mental health. Taking too much 2-MK is likely lead to physical collapse. If any of your friends have a reaction you should seek medical help immediately. Don’t take it regularly.

**The Law**
At the moment there is no possession or supply offences for 2-MK. But any police officer would be unable to tell the drug from other illegal powders so being caught in possession of 2-MK may result in your arrest. The drug will also be seized.

If you put 2-MK in someone’s drink intending to take advantage of them sexually then you are committing a very serious offence and face a substantial period of imprisonment (perhaps 5 years).

**NRG1 AND 2 - Legal** *Also known as: Naphyrone, Energy 1*

**The Drug**
Naphyrone is an extremely powerful stimulant. It is a synthetic white crystalline powder which is mainly snorted, sometimes swallowed and acts on the central nervous system.

Its use is fairly low in UK mainly because of its extreme potency and alarming side effects. It causes rapid heartbeat but also gives a strong sense of well-being. It lasts an hour or more - you feel alert, exhilarated and very talkative. It is not a drug for the relatively inexperienced. The high is very intense, can also bring about delusional behaviour and problems with circulation. NRG1 is mostly manufactured in China – it first became available around the time Mephedrone was banned (April 2010) and was marketed as one of the first ‘legal highs.’ It has since become a controlled drug as Class B.

It is considerably less popular than Mephedrone because many people simply find it too strong. It has addictive qualities and prolonged use is likely to lead to dependence.
It costs £15-20 a gram.

**Effects**

NRG1 is a euphoric drug which gives a rapid and intense rushing high. But this drug is particularly strong, so accurate dosing (with electronic scales) is essential. There is often a sense of well-being and contentment; if you are on higher doses or a long session you may also hallucinate. There is enhanced sensitivity to music.

Strong stimulants like NRG1 have a down side: it is fairly usual to feel quite depressed the next day. Regular use will adversely affect sleep patterns and cause short-term memory loss. Stimulants like NRG1 all get the heart racing but there are also reports of tachycardia (rapid heart rate and arrhythmia (irregular beat). There are also reported circulatory problems from more regular users including cold hands and ‘burning’ feet.

Prolonged use can affect your mental capacity. You may become paranoid or delusional or in some extreme cases develop a kind of psychosis.

**Harms**

Relatively little is known about the harms of NRG1 compared to drugs such as cocaine or ecstasy. As a new drug it is not possible to know very much about its long-term use. But we do know amphetamine stimulants accelerate the heart rate. Prolonged use increases the risk of damage to the heart particularly if mostly taken with alcohol. Combining it with alcohol can lead to blackouts where there is no recall of events for long periods. Taking alcohol and NRG1 can also lead to aggressive behaviour similar to MCat.

Taking NRG1 can cause a deep feeling of agitation, heart palpitations, skin rashes, insomnia, vomiting and headaches. The link to mental health problems appears to be quite strong for heavy users. The ‘down’ on NRG1 can be very intense. Be Safe

Take only small and accurately measured doses of NRG1 and only if you experienced drug taker. A large line of this drug can be a highly disturbing experience. It is worth first reading personal testimonies of people who have tried NRG1; many have negative things to say.

NRG1 may make you vomit, particularly after alcohol. It is unwise to take any more in a short space of time or with other drugs – there is a risk of a severe reaction, falling unconscious or even overdosing. There is also the danger of paranoia and triggering a psychotic episode which could mean hospitalisation. NRG1 can encourage repeat dosing and can lead to dependence. Anyone taking significant amounts is likely to feel some adverse effects on mental health with feelings of despair.
The Law
Legal to possess until 2010 Naphyrone became a Class B drug. It is in the form of a white powder or pill, so it is hard for a police officer to distinguish it from Class A drugs such as cocaine, Class C such as ketamine and even legal highs. Being caught in possession of even very small amounts would likely result in your arrest. You may be offered a caution for possession. This means you accept the offence and will have a criminal record. There is also a smaller chance you will be charged with the offence and will have to appear in court where you will most likely be fined or possibly face some community service. For dealing there is a high chance of a custodial sentence depending on the amounts involved.

Mephedrone (M-Cat, Meow Meow, Bubble)

The Drug
Mephedrone (M-Cat) is a strong stimulant. It was the first high profile ‘legal high’. Its rapid emergence in the drug market from 2008 showed there was a new fast changing pattern of drugs use in Britain. Mephedrone was marketed and sold through dozens of websites. Its possession and supply became illegal in UK in April 2010.

It is a white-powdered stimulant and is generally an amphetamine like substance. It is mainly snorted, sometimes swallowed and acts on the central nervous system. Prolonged use will lead to addiction which can be acute.

M-Cat causes rapid heartbeat but also gives a strong sense of well-being. It lasts an hour or more - you feel alert, exhilarated and very talkative. Mephedrone is mostly manufactured in China - there is some recent evidence of UK production. It has been marketed and advertised as plant food or bath salts simply to get around medicine and consumer legislation.

Part of the initial attraction of mephedrone was that it was legal to buy. It was also attractive because it had very high purity when other drugs like ecstasy and
cocaine had become highly adulterated. The price is relatively low (about £10-15 per gram) a lot less than half the cost of cocaine but with much higher purity.

**Effects**
Mephedrone is a euphoric drug somewhere between ecstasy and cocaine. The first few occasions of use, the mephedrone user feels an intense rushing high. There is a sense of well-being and contentment; if you are on high doses or a long session you may also hallucinate.

People on mephedrone report feeling very ‘light’ with an “empty” head. There is enhanced sensitivity to music and conversation. Every stimulant has a down side: you may feel quite depressed the next day. Regular use will adversely effect sleep patterns and cause short-term memory loss.

Although illegal this drug can still be bought over the internet and has been found in substances legally being sold as ‘legal highs’.

**Harms**
Relatively little is known about mephedrone compared to cocaine or ecstasy. It is not possible to know much about its long-term use. But we do know amphetamine stimulants accelerate the heart rate. Prolonged use increases the risk of damage to the heart particularly if mostly taken with alcohol. Combining it with alcohol can lead to blackouts where there is no recall of events for long periods. Taking alcohol and M-Cat can also lead to aggressive behaviour.

Taking mephedrone can cause a deep feeling of agitation, heart palpitations, skin rashes, insomnia, vomiting and headaches. Users who snort the drug can expect to get bad nose bleeds and facial ulcers. Those who chose to ‘bomb’ it may find they develop gastric burns in their stomach.

The link to mental health problems appears to be quite strong for heavy users. The ‘down’ on M-Cat can be very intense and several suicides have been linked to heavy use. The few detailed studies on M-Cat indicate taking it more than just very occasionally can result in repeat dosing and heavy prolonged use eventually leads to severe addiction. Addicts are sleep deprived, often have ulcerated mouths and suffer significant weight loss.

**The Law**
Legal to possess until April 2010 Mephedrone became a Class B drug. It is in the form of a white powder, so it is hard for a police officer to distinguish mephedrone from Class A drugs such cocaine, Class C such as ketamine and even legal highs. Being caught in possession of even very small amounts would likely result in your arrest. You may be offered a caution for possession. This means you accept the offence and will have a criminal record.
There is also a smaller chance you will be charged with the offence and will have to appear in court where you will most likely be fined or possibly face some community service.

It is not clear how courts treat mephedrone dealers as there have been so few cases but there is a high chance of a custodial sentence depending on the amounts involved.