



Recreational Drugs and Mental Health

Drug & Street Names	Description	Effects on Brain	Adverse Mental Health Effects
<p>Alcohol</p>	<p>Central Nervous System (CNS) Depressant</p>	<ul style="list-style-type: none"> ❖ Can cause drowsiness, sleepiness, and reduce overall alertness ❖ May reduce anxiety or nervousness ❖ May cause slurring of words, losing balance, and vomiting ❖ Tolerance may develop, requiring that more alcohol is consumed to achieve same effect ❖ Long term use results in dependence , any reduction may cause rebound anxiety, insomnia, hallucination seizure, and sometimes death 	<ul style="list-style-type: none"> ❖ Alcohol can worsen the sedative effect of many mental health medications and result in severe drowsiness that may increase risk of accidents. It may also result in reduced heart rate and breathing ❖ Blackouts have occurred ❖ Chronic alcohol and antipsychotic use may result in liver damage
<p>Marijuana Cannabis, Dope, Ganja, Hooch, Mary Jane, Pot, Grass etc.</p>	<p>Hallucinogen</p>	<ul style="list-style-type: none"> ❖ Influences pleasure, memory, thinking, concentrating, sensory and time perception, appetite, and coordinated movement ❖ Problems with learning, concentration, and memory can develop with chronic use 	<ul style="list-style-type: none"> ❖ Chronic Marijuana use can result in anxiety, panic symptoms , suspiciousness, or even paranoia ❖ Marijuana use increases the risk of developing psychosis by five times ❖ Marijuana may trigger the return of the symptoms of schizophrenia
<p>Cocaine Coke, Snow, Flake, Blow, Crack</p>	<p>Central Nervous System (CNS) Stimulant</p>	<ul style="list-style-type: none"> ❖ Increases the level of brain chemical associated with pleasure and activity ❖ Disrupts normal brain communication ❖ Depletes brain chemical and results in depressive “crash” 	<ul style="list-style-type: none"> ❖ Antidepressants will not work if used with cocaine ❖ Cocaine use can result in paranoia and psychosis ❖ Combination of cocaine and alcohol can be lethal ❖ Ecstasy users can become paranoid and depressed after using

Where to get HELP

Substance abuse facility locator: <http://dasis3.samhsa.gov>

SMART recovery: <http://www.smartrecovery.org>

12 Step Programs: <http://www.12step.org>



Recreational Drugs and Mental Health *continued*

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<p>Amphetamine Speed, Crystal Meth, Tina, Ice, Glass</p>	<p>CNS Stimulant</p>	<ul style="list-style-type: none"> ❖ Increases the level of brain chemical associated with pleasure and activity ❖ Reduced coordination, impaired learning, impaired memory, and poor emotional control ❖ Depletes brain chemical and results in depressive “crash” 	<ul style="list-style-type: none"> ❖ Combination of amphetamine and antidepressants or alcohol can be fatal ❖ Amphetamine use can result in paranoia, agitation, confusion, and violence ❖ Ecstasy users can become paranoid and depressed after using
<p>Heroin Big H, China white, horse, junk, smack, etc.</p>	<p>Potent opiate analgesic</p>	<ul style="list-style-type: none"> ❖ Gets converted to morphine in the body ❖ Involved in pain control, breathing, blood pressure, and arousal ❖ Heroin overdoses frequently involve decreased breathing ❖ Tolerance may develop, requiring that more heroin is consumed to achieve same effect ❖ Long term use results in dependence , any reduction may cause rebound anxiety, insomnia, hallucinations and even death 	<ul style="list-style-type: none"> ❖ Used together with alcohol can result in accidental overdose ❖ Other medications and drugs that can cause sedation may make heroin more potent, increasing the chance of overdose
<p>Ecstasy X, E, MDMA, Molly</p>	<p>Synthetic, psychoactive drug</p>	<ul style="list-style-type: none"> ❖ Interferes with brain chemical that regulates mood, aggression, sexual activity, sleep, and sensitivity to pain ❖ Research in animals show that exposure to Ecstasy for only 4 days caused damage to nerve terminals that was still evident 6 to 7 years later ❖ Chronic users perform poorly versus non users on certain types of memory or thinking tasks 	<ul style="list-style-type: none"> ❖ Ecstasy users can become paranoid and depressed after using ❖ Avoid taking Ecstasy while on antidepressants, as it will prevent the antidepressants from working