

Ketamine



Ketamine is a drug which may make you feel tired and relaxed.



Ketamine is illegal so you can get in trouble with the police if you use it



Ketamine can make you feel confused. You may fall over more often or forget common words



Some people also feel sick when they take ketamine



When people take ketamine, they are less likely to feel pain. This is dangerous because they may not realise they are seriously hurt



Most people snort ketamine, and it may take 15 minutes to feel the full effect. The effects may last for 2 hours



Regular use of ketamine can damage your bladder and kidneys, which can lead to problems going to the toilet



Ketamine is more dangerous when taken on the same day as substances such as alcohol or cannabis



It is important you know the signs of an overdose. Someone who has overdosed may be sick, difficult to wake or have cold, clammy skin



If someone has overdosed, turn them on their side so they cannot choke on their sick and call 999. Ask for an ambulance



If you are trying to stop using ketamine you can get support from your GP or local drug and alcohol team

You can phone or email your local drug and alcohol service using the following details:

If you live in Middlesbrough:

Phone: 01642726800

Email: accessingchangetogether@middlesbrough.gov.uk.

If you live in Stockton:

Phone: 01642673888

Email: Stockton.recovery@cgl.org.uk

If you live in Hartlepool:

Phone: 01429285000

Email: substancemisuse@hartlepool.gov.uk

If you live in Redcar and Cleveland:

Phone: 03003033781