

## Nitrous Oxide



Nitrous Oxide, or Laughing Gas, is often breathed in from a balloon.

When you breathe Nitrous Oxide in, it will affect you straight away and can keep affecting you for a couple of minutes.



Nitrous Oxide can make you feel relaxed.



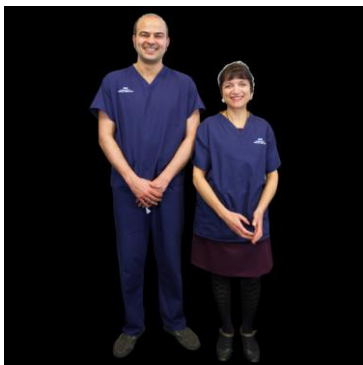
However, Nitrous Oxide can also make you feel confused.



Nitrous Oxide can make you more likely to fall over, which may lead to injury.



It can also make your reaction times slower, meaning driving or crossing the road is more dangerous.



Nitrous Oxide can be used legally by dentists and doctors.



It can be dangerous to use Nitrous Oxide it in non-medical settings.



Using Nitrous Oxide too often can lead to brain damage and increase the chance of you passing out.



Taking Nitrous Oxide with other drugs or alcohol can make it more dangerous.

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](mailto:accessingchangetogether@middlesbrough.gov.uk).

If you live in Stockton:

Phone: 01642673888

Email: [Stockton.recovery@cgl.org.uk](mailto:Stockton.recovery@cgl.org.uk)

If you live in Hartlepool:

Phone: 01429285000

Email: [substancemisuse@hartlepool.gov.uk](mailto:substancemisuse@hartlepool.gov.uk)

If you live in Redcar and Cleveland:

Phone: 03003033781