

## Spice



Spice has similar effects to the drug cannabis

However, spice is a drug which is made by humans



Often, spice is made in locations which are not very clean, meaning that spice may contain other harmful things



Sometimes vape oil which is advertised as containing cannabis oil actually contains spice instead.



Vape oils are more likely to contain spice if bought from social media sites like Snapchat

Spice vapes are often sold for £10, whereas real cannabis oil vapes are sold for about £65. If it is too cheap, that can be a warning!



Taking spice can make you feel confused and tired.

It can also make you feel worried or angry



It can also result in chest pain.

Over time, spice use can mean that you have problems with your memory and trusting other people

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