

## Appendix A – Health Risks of Substance Abuse

Substance	Risk of Dependence	Common Effects	Effects of Overdose	Withdrawal Symptoms
<b>Depressants</b>				
Alcohol	Low	Euphoria	Shallow respiration	Flu-like symptoms
Benzodiazepines (Valium, Xanax, Ativan, etc.)	Moderate	Slurred speech Loss of coordination Feeling disoriented Slowed reflexes Drowsiness Depression Relaxed inhibitions	Slowed heart rate Dilated pupils Clammy skin Vomiting Seizures Coma Possible death	Insomnia Nausea Tremors Delirium Convulsions/seizures Possible death
<b>Stimulants</b>				
Cocaine	High	Restlessness	High body temperature	Apathy
Amphetamines/ Methamphetamines	High	Excitement Euphoria Talkativeness Anxiety Irritability Loss of appetite Increased alertness Grinding teeth	Irregular breathing High blood pressure Hallucinations Paranoia Psychosis Heart attack Stroke Possible death	Mental exhaustion Physical exhaustion Depression Excessive sleep Irritability Increased appetite
<b>Hallucinogens</b>				
LSD (acid)	None	Hallucinations	Irregular/rapid heartbeat	Severe mood swings
MDMA (ecstasy)	Unknown	Paranoia	Longer, more intense “trips”	Panic/paranoia
Mescaline, Psilocybin	None	Dizziness Loss of coordination Memory loss Altered perception of senses	Body tremors Excessive sweating Psychosis Possible death	Low impulse control Depression Flashbacks
<b>Dissociative Anesthetics</b>				
PCP	Moderate- High	Numbness	Hallucinations	Chills
Ketamine	Moderate- High	Loss of coordination Confusion Hallucinations Aggression	Erratic and dangerous behavior Psychosis Seizures	Sweating Hallucinations Anxiety Insomnia
DXM (cough medicine)	Moderate	Feeling detached from self and environment	Paranoia Possible death	Seizures
<b>Opioids</b>				
Heroin	High	Euphoria	Slow/shallow breathing	Flu-like symptoms
Prescription opioids (OxyContin, Vicodin, Percocet, Morphine, Methadone, Fentanyl, etc.)	High	Constricted pupils Slowed breathing Depressed reflexes Drowsiness “Nodding out” Nausea	Loss of consciousness Convulsions Pale/clammy skin Coma Brain damage Possible death	Anxiety Insomnia Abdominal pain Rapid heartbeat Loss of appetite Tremors Irritability
<b>Cannabis</b>				
THC	Low- Moderate	Euphoria	Extreme confusion	Irritability
Hashish and Hashish oil	Low- Moderate	Relaxed inhibitions Increased appetite Slowed reflexes Feeling disoriented Drowsiness Anxiety	Panic attack Hallucinations Paranoia Possible psychosis Nausea/vomiting	Insomnia Decreased appetite Restlessness Depression Anxiety