

# Legal Highs: International Resources and Information

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This resource list features a range of materials and websites on novel or new psychoactive substances (legal highs). Sections include information/help and advice, science, government/monitoring, teacher/parent resources, videos/films, and media clips. It includes resources from the UK, Europe, Australia, and North America.



## Information, Advice & Help Lines

### Australian Drug Foundation:

Factsheets on new psychoactive substances covering what they are, getting help, health and safety, and further information. <http://www.druginfo.adf.org.au/drug-facts/legal-highs>



**Choices for Life:** Educational information resource run by Police Scotland, with realistic information and advice on drugs, alcohol, and tobacco. Educational resources include a range of videos, information sheets, more. <http://young.scot/search-results?q=legal%20highs&contentType=10>



**Legal and Illegal Highs – They're Anything But Safe:** Information from Drugs.ie for young people, professionals, and parents in Ireland [http://www.drugs.ie/legal\\_and\\_illegal\\_highs/](http://www.drugs.ie/legal_and_illegal_highs/)



**Legal Highs Lethal Lows Campaign:** Campaign from the Leicestershire Substance Misuse Partnership (SMP) highlights the risks of recreational drug use and links to health risks in isolation or combined with alcohol. <http://www.legalhighslethallows.co.uk/>



**Know the Score: Scottish Drugs Advisory Service For Young People:** Facts and resources about drugs including legal highs. <http://knowthescore.info/drugs-a-z/legal-highs>



**M-CAT Info: Project 3 Young Persons Drug and Alcohol Service, Doncaster:** A project looking at



mephedrone, aimed at young people, providing information on physical effects, legal status, and harm reduction. <http://www.m-cat.info/>

**Spice Addiction Support:** A community of people helping one another overcome their addiction to Spice. <http://spiceaddictionsupport.org/>



**Strange Molecules:** Essential facts about "legal highs," plus help and advice. <http://www.strangemolecules.org.uk/>



**Talk to Frank:** Free confidential helpline for drug-related advice. <http://www.talktofrank.com/drug/legal-highs>



**Why Not Find Out:** Provides an A - Z of drug-related information, including legal highs. [http://www.whynotfindout.org/drugs\\_az.shtml](http://www.whynotfindout.org/drugs_az.shtml)



**Youth Net - The Site:** Online guide to life for 16-25 year-olds in the UK. Provides non-judgmental support and information on everything from sex and exam stress to debt and drugs. Find videos, Q&As, and more about legal highs here: <http://www.thesite.org/drink-and-drugs/legal-highs>



## Scientific Resources

**Asia and Pacific Amphetamine-Type Stimulants Information Centre (APAIC), United Nations Office on Drugs and Crime:** Alongside general information on amphetamine-type stimulants and legal matters for the Asia Pacific Region, the site provides information on the effects and impact of new psychoactive substances. <http://www.apaic.org/>



**Synthetic Cannabinoids in Canada:** From the Canadian Community Epidemiology Network on Drug Use (CCENDU Bulletin). <http://www.ccsa.ca/Resource%20Library/CCSA-CCENDU-Synthetic-Cannabis-Bulletin-2014-en.pdf>



**DEA Drug Fact Sheets:** From the U.S. Drug Enforcement Administration, find drug-related fact sheets including designer drugs such as cathinones, DXM, Kratom and Salvia Divinorum. <http://www.dea.gov/druginfo/factsheets.shtml>



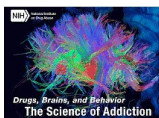


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**Drug Science:** Independent, science-led drugs charity, bringing together leading drug experts from a wide range of specialties to carry out ground-breaking original research into drug harms and effects. Includes information about novel psychoactive substances. <http://www.drugscience.org.uk/drugs-info/legal-highs/>



**Drugs, Brains and Behavior: The Science of Addiction:** Describes how drugs can alter important brain areas that are necessary for life-sustaining functions. <http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain>



**DrugFacts: Synthetic Cannabinoids:** Explains what synthetic cannabinoids are and provides basic facts about methods of use, their growing popularity, and potential health effects. <http://www.drugabuse.gov/publications/drugfacts/synthetic-cannabinoids>



**DrugFacts: Synthetic Cathinones (“Bath Salts”):** Describes how synthetic cathinones, or “bath salts,” are abused, their effects on the brain, and other health effects. <http://www.drugabuse.gov/publications/drugfacts/synthetic-cathinones-bath-salts>



**EUMadness:** European-Wide, Monitoring, Analysis and Knowledge Dissemination on Novel/Emerging Psychoactives: Aims to monitor, test, profile, and feed back into education and prevention knowledge relating to the types of NPS emerging, their characteristics, and potential harms. <http://www.eumadness.eu/about-eu-madness/>



**I-Trend European Research Project** (5 countries France, Czech Republic, United Kingdom, Netherlands, Poland): Aims to help prevent health and social harms associated with New/Novel Psychoactive Substances (NPS), or “New Synthetic Drugs.” <http://www.i-trend.eu/index.htm>



## Government & Monitoring

**Early Warning Advisory on New Psychoactive Substances, United Nations Office on Drugs and Crime:** Provides access to basic information on NPS. Some information only available to registered users. <https://www.unodc.org/LSS/Home/NPS>



**European Monitoring Centre for Drugs and Drug Addiction:** Access to reports and monitoring of NPS in Europe. <http://www.emcdda.europa.eu/activities/action-on-new-drugs>



**Forensic Early Warning System (FEWS) UK:** Annual report on the Home Office forensic early warning system which identifies new psychoactive substances in the UK. <https://www.gov.uk/government/publications/forensic-early-warning-system-fews-annual-report>



**New Psychoactive Substances Review – Report of the Expert Panel, Home Office:** Published in 2014, this panel looked at the UK legislative framework for responding to these new drugs could be enhanced beyond the current approach under the Misuse of Drugs Act 1971, and to consider how health and education needs could be developed. [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/368583/NPSexpertReviewPanelReport.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/368583/NPSexpertReviewPanelReport.pdf)



**New Psychoactive Substances – Evidence Review:** From the Scottish Government, published in 2014, comes this summary of key information on New Psychoactive Substances (NPS) and evidence gaps. Data on Scotland is presented in the context of UK and international evidence. <http://www.gov.scot/Resource/0045/00457682.pdf>



**United Nations Office on Drugs and Crime:** The challenge of new psychoactive substances, report from the Global Smart Programme in 2013 assessing the global challenge of emerging novel psychoactive substances. [https://www.unodc.org/documents/scientific/NPS\\_2013\\_SMART.pdf](https://www.unodc.org/documents/scientific/NPS_2013_SMART.pdf)



## Teacher & Parent Education

**Mentor Alcohol and Drug Education and Prevention Information Service (ADEPIS):** Provides resources for teachers on drug education and prevention in schools, on alcohol, drugs and smoking including novel psychoactive substances <http://mentor-adepis.org/wp-content/uploads/2014/06/Legal-highs-and-Novel-Psychoactive-Substances-briefing-paper1.pdf>



**How Can Teachers Include Legal Highs in their A&D Education Programme?:** Presentation from ADEPIS. [http://www.slideshare.net/Mentor\\_UK/adepis-how-can-teachers-include-legal-highs-in-their-ad-education-](http://www.slideshare.net/Mentor_UK/adepis-how-can-teachers-include-legal-highs-in-their-ad-education-)



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**Talking to Your Children About Legal Highs and Club Drugs: A Parent's Handbook.** From ADFAM. [http://www.adfam.org.uk/cms/docs/Angelus\\_Adfam\\_Parent\\_ClubDrug\\_Booklet.pdf](http://www.adfam.org.uk/cms/docs/Angelus_Adfam_Parent_ClubDrug_Booklet.pdf)



**HIT:** Agency producing resources targeted at young people, drug users, their families and professionals. Products range from drug cards, leaflets, and booklets, to training packs, card games, classroom resources, and CD-ROMs. <https://www.hit.org.uk/index.php/publications>



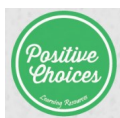
**New Psychoactive Substances (NPS): Home Office Resource Pack** for informal educators and practitioners. [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/412168/150311\\_Psychoactive-drugs11-colour\\_18-33-44\\_-\\_1\\_.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/412168/150311_Psychoactive-drugs11-colour_18-33-44_-_1_.pdf)



**Novel Psychoactive Substances: Factsheet:** Includes information on emerging and re-emerging psychoactive drugs known as novel psychoactive substances (NPS) through a case study looks at the potential health harms. <http://www.addiction-ssa.org/factsheets/novel-psychoactive-substances>



**Positive Choices – Australia:** Materials aimed at teachers and parents on a range of NPS. <https://positivechoices.org.au/parents/legal-highs-factsheet>



## Video, Films, & Animation

**Legal Highs and Club Drugs: Not What It Says on the Tin:** Film for parents. <http://www.angelusfoundation.org.uk/not-what-it-says-on-the-tin/>



**Synthetic Cannabis:** Educational film about two young men, Jack and Will, who have had suffered physical and mental health harms from using synthetic cannabis. <http://www.angelusfoundation.org.uk/synthetic-cannabis/>

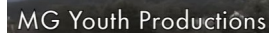
**Life Video “Choices”:** When it comes to so-called legal highs, what choices will you make? <http://young.scot/11001>. About the film: <http://www.scotland.police.uk/whats-happening/news/2015/may/new-interactive-film-tackles-the-safety-myths-of-legal-highs>



**New Psychoactive Substances (NPS) 'Legal Highs' animation:** Warns young people about the dangers of taking 'legal highs' Blackburn with Darwen Public Health. <https://www.youtube.com/watch?v=EhU3JG7LAfw>



**Legal Highs - Don't Do It!** MG Youth Productions' 6-minute short drama, written and filmed by young people and starring youth from Mid-Galloway, South West Scotland. Tackles the topical subject of young people having easy access to legal highs and focuses on the harmful impacts these drugs can have. <https://www.youtube.com/watch?v=rLgESQJTjvI>



**Synthetic Drug Training Package 2<sup>nd</sup> edition 2013:** Includes power point slides, trainer guide and reference list developed through a collaboration between the Southwest and Pacific SW ATTC s, the University of Texas at Austin, UCLA Integrated Substance Abuse Programs, and the Centre for Addiction and Mental Health (CAMH). <http://www.uclaisap.org/slides/synthetic-drug-training-package.html>



## News/Media Clips

**Captured on Film, the Dangers of Legal Highs:** <http://www.itv.com/news/granada/2015-11-18/captured-on-film-the-dangers-of-legal-highs/>



**Paramedics 'baffled' by legal highs, as police incidents rise:** Paramedic has warned that so-called legal highs are leaving ambulance services baffled when it comes to treating casualties. <http://www.bbc.co.uk/news/uk-england-34603665>



**Watch: Police release shocking footage of people collapsing after taking “legal highs.”** Officers have issued the video as a warning to those taking stimulants, concerned at the effect they can have and the anti-social behaviour that often follows <http://www.manchestereveningnews.co.uk/news/video-legal-highs-collapse-warning-10337162> ■



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