

Drug: Cocaine	Effect: Reaches the brain quickly which makes it highly addictive
Drug: Cocaine	Effect: Can make you feel very confident, alert, and awake
Drug: Cocaine	Effect: Can also make you over-confident, arrogant, aggressive and cause you to take careless risks
Drug: Cocaine	Effect: When effects wear off it leads to comedown where the person feels depressed (this can last for days)
Drug: Cocaine	Effect: It can lead to anxiety, paranoia and panic attacks
Drug: Cocaine	Effect: Increases the heart rate which can lead to a heart attack or heart failure
Drug: Cocaine	Effect: Reduces your appetite
Drug: Cocaine	Effect: Snorting cocaine damages the cartilage which separates the nostrils (heavy users have been known to lose this altogether ending up with one big nostril)
Drug: Cocaine	Effect: Smoking cocaine can cause breathing problems
Drug: Cannabis	Effect: Can make you feel happy and relaxed
Drug: Cannabis	Effect: Can also make you hallucinate (meaning that you see, hear or feel things differently to normal and which aren't real)
Drug: Cannabis	Effect: Can make your memory worse
Drug: Cannabis	Effect: Can make it difficult to concentrate (in young people it affects their ability to learn)
Drug: Cannabis	Effect: Can make you very anxious and paranoid
Drug: Cannabis	Effect: Can lead to serious, long term mental health problems including paranoia, panic attacks and anxiety
Drug: Cannabis	Effect: Existing mental health problems like schizophrenia are made worse as a result of use.
Drug: Cannabis	Effect: Affects blood pressure – can make it too high or too low
Drug: Cannabis	Effect: Can make you feel sick
Drug: Cannabis	Effect: Can increase your appetite and make you very hungry
Drug: Cannabis	Effect: Increases the heart rate
Drug: Ecstasy	Effect: Can make you feel more alert
Drug: Ecstasy	Effect: Heightens senses – such as sounds and colours.
Drug: Ecstasy	Effect: Develop feelings of love and affection for friends or strangers
Drug: Ecstasy	Effect: Can cause depression, anxiety, panic attacks, paranoia or psychosis
Drug: Ecstasy	Effect: Can produce brain lesions – a form of brain damage
Drug: Ecstasy	Effect: Body temperature rises which can lead to severe dehydration

Drug: Ecstasy	Effect: Low blood pressure
Drug: Ecstasy	Effect: Muscles tighten
Drug: Ecstasy	Effect: Heart rate increase
Drug: Ecstasy	Effect: Can lead to liver failure (where the organ stops working because it is so damaged)
Drug: Ecstasy	Effect: Can cause acute respiratory distress syndrome (lungs become inflamed as the air sacs (alveoli) are damaged so the gas exchange between oxygen and carbon dioxide decreases)
Drug: Heroin	Effect: Gives users feeling of warmth and well-being
Drug: Heroin	Effect: Bigger doses can make user feel sleepy or relaxed
Drug: Heroin	Effect: Overdoses can lead to a coma as result of damage to the brain
Drug: Heroin	Effect: Highly addictive so users become dependent very quickly
Drug: Heroin	Effect: Can cause respiratory failure (where you stop breathing)
Drug: Heroin	Effect: Sharing needles can risk spreading viruses
Drug: Heroin	Effect: Can lead to gangrene (death of body tissue)
Drug: Alcohol	Effect: Prevents blood clots in arteries
Drug: Alcohol	Effect: Can cause you to lose control of speech
Drug: Alcohol	Effect: Causes memory loss
Drug: Alcohol	Effect: Can increase aggressive and violent behaviour
Drug: Alcohol	Effect: Can cause high blood pressure
Drug: Alcohol	Effect: Can lead to addiction and withdrawal (the symptoms of which can be fatal)
Drug: Alcohol	Effect: Can lead to stomach cancer
Drug: Alcohol	Effect: Can lead to liver damage or cirrhosis (liver failure)
Drug: Alcohol	Effect: Can increase good cholesterol when taken in small amounts