

Types of Drugs

There are four main types of drugs –

Stimulants (Uppers)

Hallucinogens (Mess Me Arounders)

Depressants (Downers)

Analgesics (Pain Killers)

Classifying drugs into groups can demonstrate a clear way of understanding the effects and broad interactions of most of the drugs. Some drugs can be in more than one category – such as cannabis (depressant and hallucinogen) and ecstasy (stimulant and hallucinogen).

Stimulants (Uppers)	Depressants (Downers)
<p>Make the brain and body more active Improved energy and function Overdose risks linked to over stimulation of the heart and loss of temperature controls.</p> <p>Examples: tobacco, caffeine, ecstasy, Amphetamines, cocaine and some of the legal highs</p>	<p>Slow down the brain and body Calming effect Overdose risks linked to depression of the heart and breathing leading to unconsciousness</p> <p>Examples: alcohol, cannabis, tranquilisers, heroin, legal highs.</p>
Hallucinogens (Mess me Arounders)	Analgesics (Pain Killers)
<p>Change the way you perceive sights and sounds and your feelings. Distorts reality Overdose and bad trips lead to unpleasant paranoid and confused states.</p> <p>Examples: cannabis (skunk), ecstasy, LSD, magic mushrooms, legal highs</p>	<p>Strong painkillers with depressant effects Calm and sedating – takes away physical and emotional pain Overdosed risks linked to depression of the heart and breathing.</p> <p>Examples: heroin, alcohol, codeine, paracetamol</p>