

Heroin

Category: Opioids

Are you aware that this drug is in your area?

(also called: gear, H, smack, skag, junk, brown, horse, china white, dragon)

How It's Used

Heroin is an opiate with strong sedative ('downer') and painkilling effects. It comes in powder form which varies in colour from brown to white. You can inject it, sniff it or smoke it on foil or in a tobacco-based joint.



Other Dangers

- Your risk of overdose is a particularly high if you stop using heroin for a while and then start using again as your tolerance goes down.
- Damage to veins if you inject it
- You risk HIV and hepatitis if you share needles
- You risk choking on vomit as your cough reflex is suppressed

If you are pregnant

If you use heroin while pregnant, you risk miscarriage, stillbirth, premature birth, low birth weight or cot death. Your baby may go through heroin withdrawal and need treatment after birth. You should stop using heroin gradually over a few days under medical supervision.

Addictive

Heroin is highly addictive, both physically and psychologically, so your body craves it and you feel you can't cope without it.

Withdrawal

Withdrawals start 8-12 hours after your last use and include aches, shakes, sweating, chills, sneezing and yawning and muscle spasms.

Support Services

- Anna Liffey 1800 78 68 28
- Merchants Quay 090 6417096
(Outreach, Family Support, Rehab and After Care, Traveller, Drugs, Worker etc)
- Health Service Executive - CADS (Community Alcohol and Drugs Service)
Athlone 090 649 1305
Mullingar 044 93 41305
Longford 044 93 41630
Portlaoise 057 86 92516

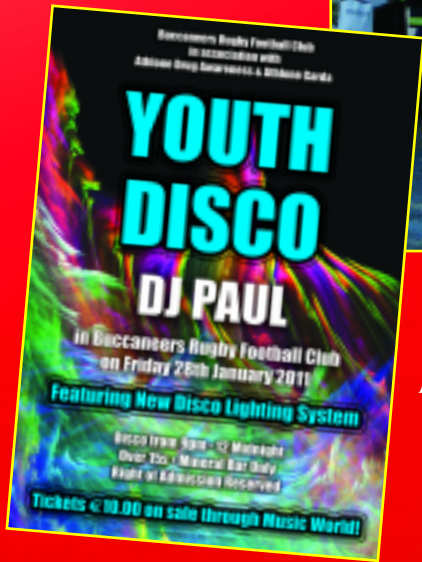
Drug Treatment

There are two methadone clinics in the Midlands, Athlone & Portlaoise. Methadone is a synthetic opiate which is used to replace heroin. As its effects last longer than those of heroin it can be taken only once a day. Whilst it does not provide the euphoria related to heroin, it reduces the harms associated with heroin addiction. It enables some heroin addicts to adopt a less chaotic lifestyle.

Drug Prevention Activities 2010

Blue Light Day An innovative approach in disseminating information material was undertaken by the Athlone Drug Awareness Group in partnership with the Garda Siochana, Fire Services and Road Safety Officer from Westmeath County Council last December. Thanks to the support of Athlone Town Council information stands plus emergency vehicles were on view near the Civic Square whereby the public could obtain information ranging from fire safety in the home, drug awareness, road safety and the dangers of drink driving. The stands were very busy and the feedback received was excellent.

A similar project was rolled out by the Mullingar Drug Network on the same day.



Alcohol Free Youth Discos

School Support Packs

Over 700 information packs were compiled by the ADAG consisting of leaflets sourced from the HSE Health Promotion, and the ADAG. The leaflets covered such areas as healthy living, healthy lifestyles, drug awareness, promotional materials such as rulers & bios. These packs were distributed to all 1st year students in six secondary schools in Athlone and Moate by members of the Gardai and Drug Awareness. The schools were very welcoming and allowed time for drug awareness talks to be given and questions taken. Feedback was excellent.



Athlone Community College kindly organised an internal school debate during 2010 under the direction of Mr. Chris Forde. The topic of discussion included substance misuse. The standard of debating amongst the students was excellent. Some of the prizewinners are shown in the picture above- pictured with adjudicators and their teacher Mr. Chris Forde.



Winners of the 2010 Talent Show - Gallen Community School, Ferbane
Pictured with adjudicators & committee members.



Caulry GAA recently invited the Athlone Drug Awareness Group and the Gardai to give a talk to members and players from their club. To help the club the Athlone Drug Awareness Group made a small donation to the committee

*"There are safer ways to have fun,
don't take chances"*

....a local Garda

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www.mrdtf.ie



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Drugs HIV Helpline 1800 459 459 - www.drugs.ie

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pink Elephant

Featuring
Heroin

