

Ketamine: Staying Safe & Knowing the Risks

Clear information helps you look after yourself and your friends.

Ketamine is a strong drug that affects the brain and body.

It Can:

- Affect balance and reduce awareness of surroundings
- Cause confusion or disorientation
- Make a person very still or unresponsive
- Lead to unconsciousness

Risk of Harm Increases when:

- Larger amounts are taken
- It is mixed with alcohol
- It is mixed with benzodiazepines or other depressant drugs
- Someone uses alone
- The strength is stronger than expected

Longer-Term Health Risks:

- Serious bladder damage
- Severe stomach pain
- Memory and concentration difficulties

Call 999 If Someone:

- Is hard or impossible to wake
- Has slow, irregular or stopped breathing
- Has blue, grey or very pale lips
- Is making choking or gurgling sounds
- Is unconscious

Stay with them until help arrives, if they are breathing, place them in the recovery position.

If you're worried about your own or someone else's ketamine use:

- Talk to your guidance teacher or an adult you trust
 - Aberlour YPZone (ages 12–25) –
✉ youthpointmoray@aberlour.org.uk
 - Self-referral via:
www.aberlour.org.uk/service/youthpoint-moray
 - Talk to Frank: a confidential UK website with honest information about drugs, effects and support - www.talktofrank.com
- NHS 111 – urgent advice

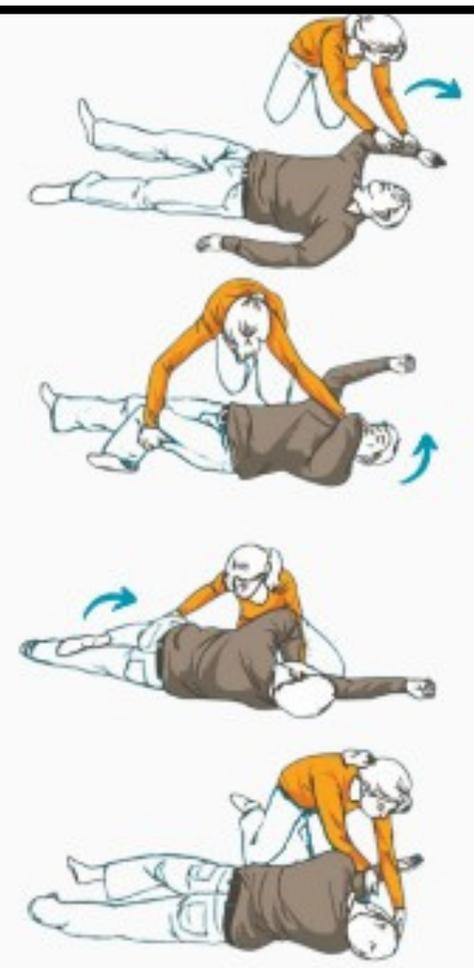
For 16+ or parents/carers worried about a young person:

Arrows (Quarriers)

☎ 01343 610500

✉ arrows@quarriers.org.uk

RECOVERY POSITION



1. Put the hand closest to you by the head (as if they were waving).
2. Put the arm furthest away from you across the chest, so that the back of the hand rests against the cheek.
3. Hold the hand and lift up the knee furthest away from you, then turn them on their side by pushing down on their knee.
4. Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.