



## FACT SHEET ON STIMULANTS

**Stimulants** are a class of drugs that elevate mood, increase feelings of well-being, and increase energy and alertness. People who use stimulants become more talkative, energetic, anxious or irritable.

Examples of stimulants include cocaine, methamphetamine, amphetamines (including Adderall), MDMA, Molly, and Ecstasy.

### RISKS

Stay informed. New drugs and new variations of drugs appear all of the time. If you take an illicit drug, it is impossible to know exactly what you are getting and what effect it will have on your body.

Know the risks. Mixing drugs together or with alcohol is extremely dangerous. The effects of one drug can magnify the effects and risks of another. Mixing substances can be lethal.

### SIGNS OF TROUBLE

Confusion, sweating, chills, racing pulse, chest pain, shortness of breath, nausea, vomiting, passing out, muscle spasms, or seizures.

### STAYING SAFE

- Avoid taking drugs. It's impossible to predict how strong or dangerous they might be.
- Don't mix drugs, particularly with alcohol.
- Don't leave drinks unattended.
- Tell your friends what drugs you've taken. Watch each other for signs of trouble.
- Drink water instead of alcohol.
- Get help! Always call 9-1-1 if you think someone is in trouble.

### RESOURCES

For information and referrals, please call:

- Boston Public Health Commission at 1-855-494-4057.
- Massachusetts Department of Public Health at 1-800-327-5050.
- SAMHSA's Health Information Network at 1-877-SAMHSA-7 (1-877-726-4727).