



**Change
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February 2024

Drug Alert: Vapes containing Spice

Vape pens containing Spice (a type of synthetic cannabinoid) have led to young people being taken to hospital recently.

In one incident, five young people became seriously ill after vaping from a "Vapresso" branded pen containing blue liquid in a silver and black cartridge. In a separate incident, a group of young people became ill after using a vape labelled "Lemonade Vape Cookies" (which may have been sold as THC).

Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid.

If you're buying either illegal vapes or ones you think have Cannabis / THC in them, follow our steps below to stay safe.

Staying safe and helping others

Avoid using vapes containing harmful substances such as Cannabis / THC.

Mixing drugs with vapes is always risky but some mixtures are more dangerous than others.

If you or someone you know still decides to vape, it's important to remember:

- **Be extra cautious about where you get your vapes from**, and about the drugs you are taking. Illegal vapes often don't have the correct labels explaining the dangers of using them.
- **Do not use alone.** Make sure that someone you know or trust is around when you're vaping, in case you need help.

- **Don't mix drugs.** Using more than one drug increases your risks of overdose, including mixing with alcohol. Visit the FRANK website to find out more about the effects of mixing different drugs with vapes: www.talktofrank.com/drug/vapes

- **Be prepared to call 999.** If someone overdoses or experiences dizziness, confusion, sweating, trembling, vomiting, is anxious, aggressive, or paranoid after using a vape call an ambulance immediately.

For more information about vaping, including support to reduce or quit, contact us.

0800 652 3879

If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org

WE ARE NEWHAM.