

# EDAS REACH YP NEWSLETTER



## DMT WARNING SIGNS

### What is DMT?

Also called **Ayahuasca** or **Dimitri**, DMT (short for Dimethyltryptamine) is a powerful hallucinogenic drug found in several plants that can be smoked, snorted, or mixed with ayahuasca.

DMT is known for giving users a very intense 'trip' – the name given to the experience of taking psychedelic drugs.

The use of DMT recently spiked among young adults due to internet growth. DMT is commonly used in social gatherings such as clubs and parties, because of its fast-acting, short-lived effect.

[FIND OUT MORE ABOUT THE EFFECTS AND DANGERS...](#)



# Symptoms & Side Effects of DMT Use



Hallucinogens like DMT characteristically change the way you think, see and feel, whilst active in your body. The experience is often described as a 'trip', which may feel pleasant at first, but the consequences can be very severe.

**The world appears very distorted when you trip on DMT:** colours, sounds, objects, and even time can seem very strange, and some people experience out-of-body experiences.

## Physical Side Effects

Vomiting


Respiratory problems

Elevated Heart Rate

Diarrhoea

Dilated Pupils

Increased Body Temperature



The effect of DMT can also affect you psychosocially, interfering with work, relationships, family and so on.

## Psychological Side Effects



Anxiety

Panic/paranoia

Depression

Delirium



# Understand the Risks



Addiction to DMT produces certain behavioural changes because it alters the brain and prevents the individual from functioning normally in the absence of the drug.

- Sudden loss of interest in things you used to love
- Isolation from family events and friendly gatherings
- Self-destructive behaviour
- Repeated actions
- Irritability/anti-social behaviour



## Long-Term Health Effects

**Raised blood pressure**  
**Cardiac arrests**  
**Loss of consciousness**  
**Lung problems**

**Loss of muscle control**  
**Respiratory failure**  
**Coma**  
**Death**

## The Law



**DMT is a Class A drug**, which means it's illegal to have for yourself, give away or sell.

Possession can get you up to 7 years in prison, an unlimited fine or both.

Supplying someone else, even your friends, can get you life in prison, an unlimited fine or both.



## FOLLOW THIS HARM REDUCTION ADVICE



- Begin with small doses until you discover your own tolerance levels. DMT only requires very small (milligram) amounts to have an effect on an inexperienced user.
- When taken orally or snorted, DMT is not active unless taken alongside MonoAmine Oxidase Inhibitors (MAOIs). These are found in many prescription drugs taken for conditions such as anxiety, stress and depression, so extreme caution should be taken when considering the use of DMT this way, as it is easy to overdose on MAOIs without realising it.
- When smoked in a glass pipe, users should ensure it is clean and that the solutions used do not contain any harmful contaminants.
- If injecting, it is vital to use clean needles and equipment and not to share them, as blood-borne viruses such as HIV and Hepatitis C are easily spread on used needles.
- When using, it is always safest to have people you can trust around you (such as close mates) or at the very least knowing where you are.
- If using with other people, keep your own drugs to yourself (remember, the law considers sharing, even with mates, to be supplying) and keep an eye on each other. **In a emergency call 999.**

## DMT is not recommended to take if you have or have had:

- Asthma
- Chest infections
- Anxiety
- Respiratory problems
- Schizophrenia
- Psychotic disorders
- Heart problems
- Or if you are pregnant

**For further support and advice contact the EDAS/Reach Young Peoples team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.**



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