

Ketamine. Here's what they don't tell you.

Get clued up — the drug that's sold as harmless can take your life.

Ketamine is being sold online, at parties and gatherings — described as safe, fun, no big deal.

That's not true. Here's what you need to know.

WHAT THEY'LL SAY	THE REALITY
<i>"It's just like an anaesthetic — it's literally used in hospitals."</i>	Medical grade ketamine is given by trained medical staff in controlled clinical doses. Street ket is completely different. It's often cut with multiple other substances, and you have no idea what you're taking.
<i>"It's not addictive. You won't get hooked."</i>	Psychological addiction develops fast. People who said "I'll just do it at weekends" very quickly end up using it daily — and can't stop without severe anxiety, depression and sleeplessness.
<i>"It just makes you feel floaty. You'll have a good time."</i>	It can often put you in a 'k-hole' — total dissociation where you can't move, speak or call for help. People drown, choke and die in k-holes every year.
<i>"One time won't hurt."</i>	Bladder damage can begin early. The bladder shrinks and scars permanently. Some teenagers have had theirs surgically removed. There is no cure.
<i>"Everyone's doing it. It's no big deal."</i>	Most people your age are not doing it. And the ones who are, might already be struggling — they just won't say so.

IF SOMEONE OFFERS IT TO YOU — LINES THAT WORK

<i>"Nah, I'm good thanks."</i>	Simple. Confident. You don't owe anyone an explanation.
<i>"I've got [match/exam/work] tomorrow."</i>	Gives you a reason without making it about the drug.
<i>"I'm on medication — can't mix it."</i>	Hard to argue with. Nobody needs to know if it's true.
<i>"My parents will literally drug test me."</i>	Shifts the blame. Gets you out instantly.
<i>"Not for me — but you do you."</i>	No judgement. No confrontation. You just step back.

Signs someone might be struggling	Who to talk to
• Needing the toilet constantly; pain or blood when you pee. • Severe stomach pain (K-cramps) — often mistaken for appendicitis. • Feeling anxious or low when not using it. • Using more and more to feel the same effect. • A friend who seems zoned out, confused, or has changed.	• A trusted adult — teacher, parent, school nurse. • FRANK — free, confidential, 24/7. 0300 123 6600 talktofrank.com Text: 82111 • The Mix (under 25s) — themix.org.uk Text: 85258 • H23 Foundation — h23foundation.org

Already using? It's not too late.

If you recognise any of the symptoms above, you may be in deeper than you think. Tell someone. You don't have to have the answers for help — just say "I need help." Talk to a trusted adult, call FRANK free on **0300 123 6600**, or visit **h23foundation.org**. You won't get in trouble for asking for help. Getting out early makes everything easier — the longer it goes on, the harder it gets.