

Recognising a 'P' user : *signs and symptoms*

Short Term Use Can Result in:

- Increase in borrowing money or trading of possessions
- Unexplained sources of money from dealing? Stealing? Prostitution?
- Noticeable change in values, lying, stealing, etc
- Problems at work, withdrawal from family, friends
- Subtle changes in conversations and behaviour with friends
- Dry, itchy skin (a sense of bugs crawling under skin)
- Dilated pupils, dark circles or bags under their eyes, chronic red eyes
- Sore throat or dry cough
- Increased sensitivity to noise and light
- False sense of control/confidence - can lead to dangerous behaviour
- "Wired" - Restless, excitable and anxious
- Noticeable change in sleeping patterns
- Weight loss (rapid, extreme)
- Irritability or aggressiveness, drastic mood swings
- Dizziness or confusion, disconnected chatter
- Complaints of chest pain, rapid breathing
- Excessive sweating and body odour
- Bad breath, poor dental hygiene and teeth grinding
- Hanging out with a different group of friends
- Negative change in appearance, greasy hair, skin sores
- Change in attire, clothes that highlight/advertise/portray drug use
- Noticeable mood swings, hostility or abusive behaviour
- Chronic fatigue, loss of interest in favourite activities, hobbies, sports
- Presence of paraphernalia (Broken light bulbs, hollowed out pens, tin foil, pop cans often with hole in the side, charred bottle tops, needles)

The possible results of long term use include:

- Dependence, even after using just one or two times
- Hallucinations, paranoia, mood disturbances, repetitive motor activities (twitches)
- Severe anorexia
- Memory loss
- Stroke, liver or heart failure

