



Nitrous Oxide

It's no laughing matter, don't ignore the risks

North Tyneside parks and streets have recently been littered with discarded canisters of nitrous oxide or so-called candy chargers, nos, hippy crack or laughing gas.

Apart from the clear environmental damage and contribution to the climate crisis, young people need to be aware of the many harmful side effects and risks.

What is it?

- o The pressurised canisters contain a colourless gas that is inhaled, usually using balloons.
- o It is a depressant – like alcohol. They both limit oxygen to your brain.

Why do people take it and how does it make you feel?

- o To experience short-lived feelings of euphoria, calmness or relaxation.
- o People also can experience fits of giggles and laughter - hence the nickname 'laughing gas'.



What's the harm – is it dangerous?

- o Yes. It is difficult to judge how much is being inhaled. As the feelings of taking it only last a few minutes people inhale more.
- o If you inhale too much, you risk falling unconscious or even suffocating from lack of oxygen.
- o More common side effects include headaches, sickness and paranoia.
- o It can make you feel dizzy or hallucinate, which might make you act carelessly or dangerously.
- o People often mix it with other drugs and alcohol, which can be dangerous as accidents are more likely to happen.

It is illegal?

- o Nitrous oxide is covered by the Psychoactive Substances Act and is illegal to supply for its psychoactive effect.
- o It is highly dangerous and illegal to drive while under its influence.

Please think of your family and friends: if you share a balloon you risk catching COVID-19 and spreading it across communities.

Find out more online:

TalktoFrank.com

For confidential and anonymous advice and support:

Early Help Drug and Alcohol Support: EHDAS@northtyneside.gov.uk

Aged 11-19 text Chat Health: 07507 332 532

Aged 11-25, visit Kooth.com

