

SOLVENTS

WHAT IT IS

- Solvents are carbon compounds that can produce effects similar to alcohol or anaesthetics when the vapours are inhaled. This can lead to a loss of co-ordination and disorientation.

WHAT IT CAN DO

- Some solvents such as aerosols and cleaning fluids sensitise the heart and can lead to heart failure.
- Gases in aerosols and lighter fuel refills squirted directly into the mouth can freeze the airways and lead to death through suffocation.

WHAT ELSE?

- Sniffing to the point of becoming unconscious risks death through choking on own vomit.
- Accidents can happen when the use is affected because their senses are impaired especially if taken in isolated and dangerous places.
- Long-term use can damage the brain, liver, kidneys and cause depression, tiredness and forgetfulness.
- Surveys suggest that 10% of children between the ages of 12-16 would have tried solvents at least once.

WHAT IF I WANT HELP?

Useful contacts and information:

Talk to Frank 0800 77 66 00
or www.talktofrank.com

Home Office www.drugs.gov.uk
Drugscope www.drugscope.org.uk

Kent Drug & Alcohol Action Team
www.kdaat.org

