

Crack

WHAT YOU NEED TO KNOW



Do you know of a person using Crack? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement.



Questions to ask

How are you using it?

Smoking is most common, but some people inject dissolved crack. Smoking can damage the lungs and mouth, while injecting carries a high risk of infection and blood-borne viruses such as hepatitis and HIV.

How often are you using?

Frequent or binge use can quickly lead to dependence, sleep problems, and intense mental health crashes such as anxiety or paranoia.

Are you mixing it with other substances?

Combining with alcohol, benzos, or other depressants increases overdose risk. Using these categories of substances together is known as the 'Toxic Trio' as it will put you at a much greater risk of fatality.

Impact on Health



Lung Damage

Smoking exposes the lungs to high heat and toxic fumes, leading to chronic cough, shortness of breath, chest pain, and lung infections



Risks on your Heart

Crack cocaine can increase the risk of fits, heart attack or stroke after using



Burns & Injuries

Hot pipes or makeshift equipment can cause burns or sores to the lips, fingers, or mouth



Weight Loss and Fatigue

Crack suppresses appetite and reduces sleep, leading to rapid weight loss, dehydration, and exhaustion.

Harm Reduction



Avoid sharing equipment (pipe, mouthpiece, needles, and syringes). Sharing any equipment can spread hepatitis B, hepatitis C, and HIV



Have a sober sitter or someone not using substances



Avoid using plastic or aluminium cans for pipes, as heating them can release harmful fumes. If injecting, always use sterile needles and rotate injection sites to reduce vein damage and infection.



Go low and slow if you haven't used in a while



Having food, fluids, and a safe space to rest can help reduce harm and support recovery.

Reducing

Crack cocaine doesn't cause a physical withdrawal but people can experience strong psychological and emotional symptoms when they reduce or stop. It's safest to seek support from a drug and alcohol service or GP if you're planning to cut down.

1-3
Days

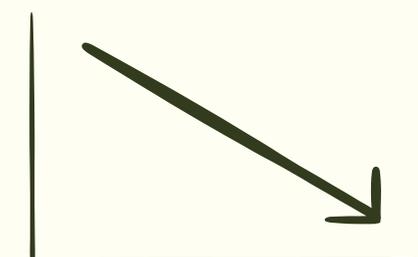
Strong cravings, low mood, fatigue, irritability

4-7
Days

Mood swings, vivid dreams, fluctuating cravings, poor concentration.

1-2
Weeks

Energy and focus improve, cravings lessen but can return



1-3 DAYS

4-7 DAYS

4-14 DAYS

WEEK 2

