

The law

This is a psychoactive drug and is covered by the 2016 Psychoactive Substances Act, which means it's illegal to give away or sell for its psychoactive effect.

Supply and production can mean up to seven years in prison, an unlimited fine or both.

Like drink-driving, driving when high is dangerous and illegal. If you're caught driving under the influence, you may receive a heavy fine, driving ban, or prison sentence.

GET HELP

www.talktofrank.com

Adults - Atlantic Recovery Centre 01384 426120

Young people - Hear4YOUth 01384 241440

**To report canisters or those illegally selling nitrous oxide
call Dudley Council Plus on 0300 555 2345**



west midlands
police and crime
commissioner



WARNING - NITROUS OXIDE IS

NO LAUGHING MATTER

What is nitrous oxide?

Nitrous oxide is a colourless gas that people inhale, usually via a balloon. It's also called: balloons, nos, whippits, laughing gas, hippie crack chargers, noz.

It's most commonly found in pressurised metal canisters. You may have seen these in our parks and green spaces or lying around in streets - it's important to know and educate others on the dangers.

What are the risks?

Nitrous oxide is not just laughing gas, it slows down your brain and body's responses. If you take too much you risk falling unconscious and/or suffocating from the lack of oxygen.

People have died this way.

Other risks include vitamin B12 deficiency and anaemia which can lead to serious nerve damage, causing tingling and numbness in the fingers and toes. Regular use can stop you forming white blood cells properly.

How does it interact with other substances?

Mixing nitrous oxide with alcohol or other substances increases the dangers associated with both substances.