

HELPLINES

Central Narcotics Bureau (CNB)

Tel: 1800 325 6666

24 hours daily

For those who wish to report any drug-related cases

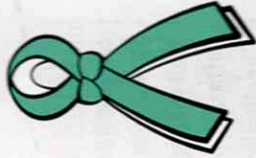
National Addictions Management Service (NAMS)

Tel: 6732 6837

24 hours daily

For anyone who wishes to seek help with their addictions

THE ANTI-DRUG RIBBON



In Singapore, we have adopted the green and white anti-drug ribbon as a symbol of the anti-drug cause and our united stand against drugs. The colours of the ribbon signify Health, Vitality and Strength.



Central Narcotics Bureau
393 New Bridge Road
Singapore 088763

www.cnb.gov.sg



WHAT YOU NEED TO KNOW ABOUT

DRUGS & INHALANTS



BUPRENORPHINE



CANNABIS



'ECSTASY'



HEROIN



INHALANTS



KETAMINE



LYSERGIDE (LSD)



MEPHEDRONE



METHAMPHETAMINE



NEW PSYCHOACTIVE SUBSTANCES



NIMETAZEPAM



PIPERAZINES

PENALTIES

CONSUMPTION AND POSSESSION

Buprenorphine, Cannabis, Cocaine, 'Ecstasy', Heroin, Ketamine, Lysergide(LSD), Mephedrone, Methamphetamine, Nimetazepam, New Psychoactive Substances (NPS), Piperazines

- Up to 10 years of imprisonment, or \$20 000 fine, or both.

NOTE: For consumption of Heroin, Methamphetamine, 'Ecstasy', Ketamine, Cocaine, Cannabis, Nimetazepam and Buprenorphine

- First and second time drug abusers undergo rehabilitation treatment at a DR. However, for those who abuse specified drugs and are caught the third and subsequent time, they are liable for long-term imprisonment and caning.

INHALANT OFFENSES

Abuse of intoxicating substances

- Admission to an approved centre for treatment and rehabilitation for up to 6 months OR
- Up to 6 months of imprisonment or S\$2,000 fine or BOTH

Selling or offering to sell an intoxicating substance when it is suspected that the substance is for the purpose of intoxication

- Up to 2 years of imprisonment or S\$5,000 fine or BOTH

ILLEGAL TRAFFIC

Nimetazepam

- Up to 10 years of imprisonment and 5 strokes of the cane

Buprenorphine, 'Ecstasy', Ketamine, Lysergide (LSD), Mephedrone, New Psychoactive Substances (NPS), Piperazines

- Up to 20 years of imprisonment and 15 strokes of the cane

Cannabis, Cocaine, Heroin, Methamphetamine

- Maximum is death penalty (if amount trafficked exceeds the limit stipulated in the law)

IMPORT & EXPORT

Nimetazepam

- Up to 20 years of imprisonment and 15 strokes of the cane

Buprenorphine, 'Ecstasy', Ketamine, Lysergide (LSD), Mephedrone, New Psychoactive Substances (NPS), Piperazines

- Up to 30 years of imprisonment or life imprisonment and 15 strokes of the cane

Cannabis, Cocaine, Heroin, Methamphetamine

- Maximum is death penalty (if amount trafficked exceeds the limit stipulated in the law)

TELL-TALE SIGNS OF DRUG ABUSE

- Redness of eyes
- Constant runny nose and teary eyes
- Sudden mood changes

- Unexplained absenteeism
- Change in personal behaviour
- Listlessness and lack of energy

- Anti-social behaviour
- Anxiety
- Loss of appetite

CONSUMPTION OF CONTROLLED DRUGS OUTSIDE SINGAPORE

*"If I can't do it here,
can I do
it overseas?"*



DID YOU KNOW

It is **NOT TRUE** if someone tells you that it is not an offence to consume illegal drugs overseas. You can be arrested and will face the same penalties as if the offence had been committed in Singapore.

- It is an offence to consume illegal drugs overseas.
- All Singaporeans/Permanent Residents found to have consumed illegal substances, **EVEN OUTSIDE SINGAPORE**, will face the penalty of **IMPRISONMENT** of up to 10 years or **FINE** not exceeding S\$20,000 or **BOTH**

BUPRENORPHINE



ALSO KNOWN AS

- Subutex, Tec, Susu


EFFECTS AND DANGERS

- Sedation
- Light-headedness
- Dizziness
- Nausea
- Constipation
- Vomiting

WITHDRAWAL SYMPTOMS

- Delirium tremens, clouding of consciousness and severe tremors or seizures
- Anxiety, nausea, vomiting and diarrhoea
- Abdominal cramps, muscle and joint pains
- Insomnia (difficulty in sleeping)

CANNABIS

 Commonly abused drugs



ALSO KNOWN AS

- Marijuana, Pot, Grass, Joints, Ganja, Hashish, Weed

EFFECTS AND DANGERS

- Respiratory Problems
- Cognitive impairment
- Extreme anxiety, depression, confusion
- Paranoia (irrational fear or suspicion)
- Increased risk of developing a psychosis
- Decline in motivation and drive in long-term abusers

WITHDRAWAL SYMPTOMS

- Moodiness, irritability, anxiety and tension

COCAINE



ALSO KNOWN AS

- Crack, Coke, Snow

EFFECTS AND DANGERS

- Increased heart rate
- Aggressive behaviour
- Irritability
- Nausea, shaking, blurred vision and hallucination

WITHDRAWAL SYMPTOMS

- Anxiety, depression, anger and jittery feelings
- Fatigue (extreme tiredness)
- Nausea and vomiting
- Loss of desire to do things

'ECSTASY'



ALSO KNOWN AS

- E, Adam, XTC, Pink, Pink Lady, Snow White


EFFECTS AND DANGERS

- Increased heart rate and blood pressure
- Jaw clenching, teeth grinding and uncontrollable shaking
- Kidney, liver and brain damage
- Long term memory loss
- Chills, sweating and vomiting
- Inability to think, see and co-ordinate properly
- Hallucination

WITHDRAWAL SYMPTOMS

- Anxiety, depression and uncontrollable fear
- Insomnia (difficulty in sleeping)
- Loss of control of senses and reality

HEROIN

 Commonly abused drugs



ALSO KNOWN AS

- White, Smack, Junk, Powder, Putih, Medicine, Ubat

EFFECTS AND DANGERS

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Dull feeling and tiredness
- Difficulty in concentrating
- Constipation

WITHDRAWAL SYMPTOMS

- Insomnia (difficulty in sleeping)
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhoea and vomiting

KETAMINE

ALSO KNOWN AS

- K, Special K, Vitamin K, Kit Kat



EFFECTS AND DANGERS

- Inability to move
- Distorted judgement, perception, hearing, sight, touch, smell and taste
- Confusion and hallucination
- Problems associated with the nose (nose bleeding, inability to smell properly)
- Gastric pain
- Urinary and bladder problems (difficulty in urinating, urinary tract infection)

WITHDRAWAL SYMPTOMS

- Depression, anger and irritability
- Fatigue (extreme tiredness)
- Insomnia (difficulty in sleeping)

LYSERGIDE (LSD)

ALSO KNOWN AS


- Acid, Trips, Blotters, Tabs, Stamp, Black Sesame, Seed, Micro, Micro Dot



EFFECTS AND DANGERS

- Increased heart rate, breathing and body temperature
- Numbness
- Distorted sight, hearing, smell, touch and taste
- Loss of control of thoughts
- Severe panic, paranoia, confusion and hallucination

METHAMPHETAMINE

 Commonly abused drugs



ALSO KNOWN AS

- 'Ice', Glass, Crystal, Speed, 'Ya ba'

EFFECTS AND DANGERS

- Increased heart rate and body temperature
- Fits, stroke and death
- Damage to heart and nerves
- Liver and kidney diseases
- Abnormal behaviour with mood swings, confusion, delusion and hallucination
- Anxiety and irritability

WITHDRAWAL SYMPTOMS

- Extreme tiredness and hunger
- Anxiety, depression and irritability
- Insomnia (difficulty in sleeping)

NIMETAZEPAM



ALSO KNOWN AS

- 'Erimin-5'

EFFECTS AND DANGERS

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration

WITHDRAWAL SYMPTOMS

- Anxiety and jittery feelings
- Insomnia (difficulty in sleeping)
- Nausea, vomiting, quickened heart beat, excessive sweating, violent shaking and stomach cramps
- Mental confusion
- Fits

NEW PSYCHOACTIVE SUBSTANCES



New Psychoactive Substances (NPS) contain ingredients which mimic the same effects as controlled drugs such as 'Ice' or Cannabis.

ALSO KNOWN AS

- Spice, K2, Bath Salts, Kronik, Bromo-Dragnofly

EFFECTS AND DANGERS

New Psychoactive Substances (NPS) have unknown, dangerous toxicology effects and are as addictive and harmful as controlled drugs. Abuse can lead to:

- Severe intoxications
- Severe toxic reaction leading to death
- Paranoia (irrational fear of suspicion)
- Hallucination
- Adverse cardiovascular problems
- Kidney failure
- Seizures

PIPERAZINES

BZP and TFMPP fall under the group of Piperazines, which stimulate the Central Nervous System, and produce stimulant and hallucinatory effects similar to MDMA.

ALSO KNOWN AS

- BZP, TFMPP, 'Party Pills'



EFFECTS AND DANGERS

- Seizures
- Vomiting
- Heavy Sweating
- Increased body temperature
- Increased heart rate
- Agitation

MEPHEDRONE

ALSO KNOWN AS

- Bubbles, Mcat, Snow and Meow

EFFECTS AND DANGERS

- Dizziness
- Nausea
- Chills
- Teeth grinding
- Insomnia
- Hallucination



INHALANTS



ALSO KNOWN AS

- 'Glue-Sniffing, Solvent Abuse, Solvent Inhalation, Solvent Sniffing

EFFECTS AND DANGERS

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough

WITHDRAWAL SYMPTOMS

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia (difficulty in sleeping)