



Dear Parent/ Carer,

I am writing to you to inform you that Warrington Borough council's Public Health Team is warning of the serious dangers of new NPS (new psychoactive substances) drugs that are in circulation, which can have dangerous side effects and devastating consequences.

While we have had no reports of these substances being on school premises, or being taken by our pupils, these drugs can cause significant harm and impact on health and wellbeing and we would strongly advise not to take any illegal drugs or 'legal highs' as they all come with great risk.

It is important to remember NPS are not quality controlled and are therefore not safe. The type and dose will differ from packet to packet, even if it is the same brand and effects will vary from person to person. To get a 'high' an active dose, in some instances, the size of a matchstick head is all that is needed of the NPS, which people do not realise and often use more."

If people have taken this drug it is imperative that people recognise signs and symptoms and act fast:

- *Profuse sweating*
- *Racing heart beat*
- *Extreme muscle tension*
- *Delirious ranting*
- *Very high body temperature*

If any person is showing signs of these symptoms it's essential to dial 999, put the casualty in the recovery position and ask for immediate medical assistance.

If you're concerned about your drug and alcohol use, or that of someone you know please contact CRI Pathways to Recovery for free and confidential advice or information on 01925 415176, out of hours helpline: 07919558644 or visit www.warrington.gov.uk/drugs

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