

Spice Warning

10th June 2020.

Increased risk of 'Spice' overdose in Greater Manchester

Spice

- **Spice is a nickname for a herbal smoking mixture containing one or more of a group of drugs called synthetic cannabinoids.**
- The potency of Spice varies between bags as a different dose of synthetic cannabinoids may have been used in the mix.
- There are also hundreds of different synthetic cannabinoids used in 'spice mixes' - some are more dangerous than others.

60 people died last year after smoking Spice, often when using other drugs at the same time.

There has been a recent increase in Spice overdoses in Greater Manchester. This may be because the synthetic cannabinoids used have changed, or more of it has been added to the Spice mix. If your use of Spice has decreased during lockdown, your tolerance will also have dropped making your chances of overdose much more likely.

Ideally given the potential harm that spice can cause our general advice would be that it is best not to take the drug. However we have provided the harm reduction advice below to protect people who may put themselves at risk.

Harm reduction advice

- Sit down before you smoke Spice as you may lose your balance, fall over or pass out.
- Spice is potent even at very low doses.
- Don't smoke Spice neat, always mix with tobacco.
- Start any new batch with a tiny match head size test dose.

Help available

- There are various treatments for Spice users including medically assisted withdrawal.

There are free and confidential services in every area of Greater Manchester who may be able to help.

Speak to any professional and they will be able to put you in contact with your local drug treatment service.



