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Types of drugs -

1. **Get high**

Some drugs make you feel more alert and energetic. They increase your heart rate and blood pressure – e.g. cocaine, crack, ecstasy, speed, tobacco.

2. **Calm down**

Some drugs slow you down. They can make you feel calm and sleepy – e.g. alcohol, cannabis, gases, glues and aerosols (also known as volatile substances), tranquillisers.

3. **Trip out**

Some drugs affect your mind. They distort the way you see, hear, feel and smell things – e.g. cannabis, ketamine, LSD, magic mushrooms.

4. **Get knocked out**

Some drugs block out physical and emotional pain – e.g. heroin.

(www.dh.gov.uk)