

Sexual Assault

Loss of consciousness is common with the use of GHB and with this comes the increased risk of sexual assault. It's sedative effects can prevent victims from being able to resist sexual advances and can cause amnesia, meaning you may not remember what happened once the effects have worn off. If you believe you are a victim of sexual assault please go to your nearest emergency department and get an assessment by a sexual assault nurse examiner. More information for victims of sexual assault can be found at: <https://breakthesilencens.ca/types-of-support>

Sexual Assault Nurse examiner 24 hour response line Halifax Infirmary (QEII, Halifax): 902-425-0122
Sexual Assault Nurse examiner 24 hour response line Dartmouth General Hospital: 902-425-0122

Peer N Peer Program

Supports and services offered by the Peer N Peer team include:

- Screening and Referrals
- Peer support
- Access to Harm Reduction Supplies
- Education & Outreach
- Flexible hours
- Sharps disposal.

Fill out the form on the website and email to peer@acns.ns.ca to place a supplies order. Alternatively you can call or text 1(902)403-9237.



MORE INFORMATION:



**5516 Spring Garden Road,
Suite 203**



(902) 403 - 9237



peer@acns.ns.ca



<https://acns.ns.ca/progs-services/peer-n-peer.html>



Safer
GHB



What is GHB?

- GHB (gamma-hydroxybutyrate) is a central nervous system depressant. It is also produced by the human body in small amounts.
- Often called G, liquid ecstasy, or Gina, GHB in its liquid form looks like water. It has no smell and is tasteless or has a slightly salty or solvent taste that can be easily masked. It is usually sold as a liquid in small vials. GHB is also available as a white powder or capsule.
- The only current medical use of GHB in Canada is as a treatment for narcolepsy, a rare sleep disorder. It is illegal to possess, traffic, import or produce GHB in Canada.

Effects

GHB effects generally can be felt 10 to 20 minutes after you take it, and can last up to four hours, depending on the dose. At a low dose, users usually feel a sense of euphoria, more sociable, relaxed, less inhibited and can feel horny. A slightly higher dose intensifies these effects and can make you drowsy and dizzy. A little more may cause nausea and vomiting, and a higher dose can make you slip into a deep sleep.

Overdose

When taken as a recreational drug, especially when taken in combination with alcohol or other drugs, GHB can be dangerous. Standard doses are 3-5ml however if it is a stronger version called GBL they could be as small as 1-2ml. Dosing is important as even an extra millilitre can cause life threatening effects. The difference between an intoxicating dose and a potentially fatal dose of GHB is small increasing possibility of overdose.

Symptoms of overdose may include:

- loss of consciousness
- agitation
- slowed breathing/slowed heart rate
- nausea/vomiting
- low blood oxygen levels
- blue/pale skin
- cardiac arrest
- seizures
- coma
- death

Call 911 immediately if someone is experiencing these symptoms.

Physical Dependence and Withdrawal

People who use GHB regularly can develop tolerance to the effects of the drug and require more GHB to get the desired effect. Regular use can also cause physical dependence which can develop quickly. People who are physically dependent on GHB will experience withdrawal symptoms if they abruptly stop using the drug. Medical supervision during withdrawal is necessary as GHB withdrawal can be life threatening.

Tips for Safer Use:

- Be careful with dosing and time between doses.
- Never take GHB alone and always have a plan to safely get home.
- Do NOT mix GHB with alcohol as it can be potentially fatal.
- GHB lowers your inhibitions and increases risky behaviour so always have a plan to keep yourself safe if you engage in sex.
- Make sure to keep condoms and lube with you.
- Combining GHB with certain HIV medications and PrEP can result in more GHB being stored in the body, resulting in a lower overdose threshold so always start small and go slow.
- Not safe for booty bumping
- If you have been taking GHB for 7 days in a row or longer you should consult a medical professional to help you taper off GHB safely. Do NOT stop cold turkey, withdrawal can be fatal.