

**mcat**

# Mephedrone AKA: 4-MMC, MCat, MKat, Drone, Meow-Meow



Mephedrone is a synthetic cathinone, meaning it contains one or more human-made chemicals.

Mephedrone can make you feel alert, confident, talkative, very sensitive to touch, sexually aroused and it can also make some people feel anxious, agitated, dizzy or like your heart is racing and can cause grinding teeth.

- **Avoid mystery powders or pills!** Research the effects of Mephedrone, what to expect and how to spot when things go wrong.
- **Try to not take it all at once!** If you choose to use, take a test dose and set a timer. The stimulant effects of one dose might last up to six hours with the peak feelings of the drug's effects lasting for around one hour.
- **Start low; go slow!** Remember that the more of a drug you take, the riskier it is and the more likely you are to experience negative effects.
- Taking large doses (over a short period of time) could lead to a stimulant overdose. The signs of a stimulant overdose include overheating (hyperthermia), nausea/vomiting, chest pains, heart palpitations and seizures.
- **Avoid mixing with other drugs** including prescription medication and alcohol as this can increase the likeliness of harm, as some drugs don't mix well together.
- **Stick with your mates!** Pick a meeting point before you go out incase you get separated and try to stay in a safe environment. Also, try to make sure you all know how you're getting home.
- Try to **take at least 2 days off** from drugs and alcohol each week. Eat well, prioritising time for yourself to recover.
- The product you bought might not always be what you think it is. You can access drug checking kits from reagent-tests.uk. Use code **CREW23** for 15% off your order or you can post it into WEDINOS.org (for more information come into the Crew Drop-in.)

PLEASE PICK UP ANY LITTER BEFORE YOU LEAVE A PUBLIC SPACE.

**Our Digital Drop-in is confidential and we do not judge. Want more info or support?**

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