TESTIMONIALS

"....So many years of degrading jobs, unhygienic lifestyles, eating out of and from desolate places, losing families and friends, a car, furniture, clothes and most of my pride. It was then I saw a reflection of myself in a store glass door, I decided to hate crack cocaine with every strength I had..... To date the battle to stop using is in full effect.

Dobson,M

"Reason for me taking drugs I was undergoing some hard times that lead me to become a victim, but getting the right help makes me realise that there is other ways of dealing with stress and problems... "

Brown, N

"In this historic period in my life (I am tired of) using drugs, smoking, living on the street, telling lies to gain money, smoking night and day....."

Mitchell, O

"...it was good the first time so I continue, but after (seeing the) effects on a friend. I start to seek help...."

Campbell, C

Head Office: 2-6 Melmac Avenue, National Council on Drug Abuse Kingston 5, Jamaica

Tel: (876) 926-9002-4

Western Office:

Tel: (876) 940-2240 Fax: (876) 971-1538

Tel:(876) 978-1670 / 978-2324

6 Upper Musgrave Avenue

Kingston 10.

Westgate, Montego Bay, St

Text line: 564- HELP(4357) Toll Free: 1-888-991-4244

Addiction Treatment Services Unit University Hospital of the West Indies Mona, Tel:(876) 977-0705

Ward 21
University Hospital of the West Indies Mona,
Kingston 7. Tel:(876) 927-1620

Patricia House (Richmond Fellowship Ja.)

Jamaica Teen Challenge

Tel:(876) 795-2695 / 795-3368 / 390-6262 10 Shaw Park Road, Ocho Rios, St. Ann .

57 East Street,

For Further Information Contact:

William Chamberlin Rehabilitation Centre

53 Lyndhurst Road, Kingston 5. Tel:(876) 922-4030

Rise Life Management



rack cocaine is the crystal form of cocaine, which normally comes in a powder form. It comes in solid blocks or crystals varying in color from yellow to pale rose or white.

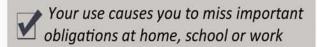
Crack is heated and smoked. It is so named because it makes a cracking or popping sound when heated.

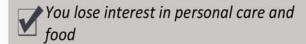
Crack, the most potent form in which cocaine appears, is also has the most risk. It is between 75% and 100% pure, far stronger and more potent than regular cocaine.

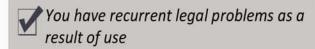
WHY IS CRACK COCAINE SO HIGHLY ADDICTIVE?

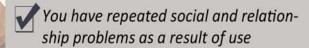
Crack cocaine is one of the most powerful illegal drugs when it comes to producing psychological dependence. It stimulates key pleasure centers within the brain and causes extremely heightened sensations. Compulsive crack use develops soon after the person starts using, because it enters the blood stream rapidly. Tolerance to crack develops quickly, the addict soon needs more of the drug to expereince the same high.

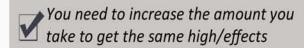
HOW DO I KNOW IF I HAVE A PROBLEM?

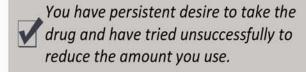




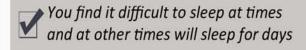








You have sudden changes in behaviour eg. anxiety, agressiveness, delusions



You have burns on your hands and or mouth are unable to control urination or bowel movements

SHORT TERM EFFECTS

- * Loss of appetite
- * Increased heart rate, blood pressure, and body temperature
- * Dilated Pupils
- * Hyper-stimulation
- * Bizarre, erratic, sometimes violent behaviour
- * Hallucinations, hyper-excitability, irritability
- * Tactile hallucination that creates the illusion of bugs burrowing under the skin
- * Anxiety and paranoia
- * Depression
- * Panic and psychosis
- * Convulsions, seizures and sudden death from high doses
- * Increased breathing rate

LONG TERM EFFECTS

- * Liver, Kidney and lung damage
- * Increased frequency of risky behaviour
- * Infectious diseases and abscesses if infected
- * Malnutrition, weight loss
- * Sexual problems, reproductive damage and infertility (for both men and women)
- * Delirium or psychosis
- * Severe tooth decay
- * Permanent damage to blood vessels in ear and brain. High blood pressure leading to heart attacks, strokes and death
- * Severe depression