

UNDERSTANDING AMPHETAMINES

Amphetamines are stimulants that affect the central nervous system, including prescription drugs like Adderall and illegal drugs like MDMA.

WHAT'S THE HARM WITH USING AMPHETAMINES?

- When used as directed under medical supervision, amphetamines can be safe and effective. However, misuse can lead to serious health risks such as:
 - **Psychiatric:** Anxiety, paranoia, agitation/aggression, psychosis, mood disorders
 - **Physical/Chronic:** Cardiac issues, insomnia, decreased appetite, exhaustion, and long-term psychosis.

AMPHETAMINES: MYTHS VS. FACTS

Myth	Fact
<i>They're safe because doctors prescribe them.</i>	Any substance, even prescribed ones, can be dangerous and addictive when misused.
<i>They'll help me study and get better grades!</i>	Misuse has been associated with lower GPAs and can actually hurt focus, studying, and performance.
<i>Everyone uses amphetamines.</i>	Most youth don't use substances - in fact, 99% of WHS students have not misused prescription stimulants and none reported using ecstasy (MDMA) in 2023.

WANT TO QUIT?

- Talk to a trusted adult or healthcare provider for support.
- Avoid situations where you may be tempted and practice refusal skills.
- Learn productive and healthy study and focus strategies.
- Practice healthy coping skills and do activities you enjoy.

RESOURCES

- **Massachusetts Substance Use Helpline:** 1-(800)-327-5050; www.helplinema.org
- **Boston Children's ASAP Program:** (617)-355-2727; ASAP@childrens.harvard.edu
- **SAMHSA's National Helpline:** 1-(800)-662-HELP (4357)
- **Walpole Prevention Coalition:** www.walpolepreventioncoalition.com

