

UNDERSTANDING INHALANTS

WHAT ARE INHALANTS?

- Inhalants are vapor producing substances that are found in many everyday products such as glues, paint thinners, gasoline, and other products.
- Inhalants are also referred to as “whippets”, “poppers”, and “snappers”.
- Inhalants include a variety of substances used in different ways, but no matter how they’re used, they are extremely dangerous.

WHAT’S THE HARM WITH USING INHALANTS?

Short-Term Effects	Long-Term Effects
<ul style="list-style-type: none">• Nausea and vomiting• Impaired judgement and social functioning• Confusion and delirium• Drowsiness and lethargy• Slurred speech• Slower reflexes• Muscle weakness	<ul style="list-style-type: none">• Damage to the brain and nervous system• Judgement, memory, and attention problems• Damage to the heart, lungs, liver, and kidneys• Increased risk of mental health disorders• Sudden death (“sudden sniffing death”)

WANT TO QUIT?

- Talk to a trusted adult or healthcare provider for support.
- Practice healthy coping skills and do activities you enjoy.
- If you’ve been using inhalants, you might feel some withdrawal symptoms when you stop, but those feelings usually don’t last forever.
- Ask for help - You’re not alone, and it’s okay to ask for help.

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

