

Stimulants

Caffeine

Coffee, Tea, Energy Drinks,
Chocolate, Soft Drinks

What is it?

Caffeine affects how we think and feel. It speeds up breathing, the heart rate and thoughts. It can be found in everyday food and drinks, but can also be made in labs. It is used in some medicines, such as pain relievers and cold medicines.

Why do people use it?

- ◆ People enjoy the taste
- ◆ Helps people stay awake
- ◆ Improves physical endurance

What can go wrong?

- ◆ Consuming large amounts may lead to sleep struggles, irritation, and agitation.
- ◆ Overconsumption of caffeine can result in dehydration.
- ◆ Stopping caffeine intake can result in mild withdrawal feelings of increased irritability, headaches, decreased alertness, tiredness, and struggles with concentration.

How does it work?

Caffeine is absorbed in from the blood stream, into the stomach and then travels to the brain. Being a stimulant, caffeine increases brain activity, and other parts of the central nervous system, resulting in increased energy for some people, or restlessness and anxiety for others.

Information adapted from
heretohelp.ca, camh.ca
& towardtheheart.com

For more information
visit their websites.

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Mixing with Other Drugs

1. Combining caffeine and other substances may result in adverse effects, differing feelings and experiences.
2. Combining caffeine with alcohol can alter feelings of intoxication leading to unsafe behaviours such as impaired driving.
3. Combining caffeine with other stimulants may intensify effects on breathing and heart rate.
4. Mixing caffeine with medications may result in adverse side effects.

Harm Reduction

1. Managing the amount consumed at a time can lower negative effects. Start off with a small amount and consume more if wanted.
2. Alternate caffeinated beverages with water. Drink caffeinated beverages slowly, and try not to consume too close to bedtime.
3. Try to limit your caffeine intake by replacing consumption with something else that has the same effect as stimulants, such as exercise.

Discovery Youth & Family Substance Use Services

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Nanaimo/Ladysmith: 250739-5790

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