

# Get a consultation before it's too late!

Specialists will provide consultations while strictly protecting your privacy.

My friends are using it, so what should I do...

I don't have the confidence to refuse an invitation to do drugs

It'd be difficult to consult with my parents...



Is this the smell of dangerous drugs?

I used drugs... what should I do...

## There are consultation services regarding drugs.

Hokkaido Prefecture	Mental Health and Welfare Center, Hokkaido Prefecture	☎011-864-7121	Aichi Prefecture	Mental Health and Welfare Center, Aichi Prefecture	☎052-962-5377
	Sapporo Mental Center	☎011-622-0556		Mental Health and Welfare Center, Nagoya City	☎052-483-2095
Aomori Prefecture	Mental Health and Welfare Center, Aomori Prefecture	☎017-787-3951	Mie Prefecture	Mental Health Center, Mie Prefecture	☎059-223-5241
Iwate Prefecture	Mental Health and Welfare Center, Iwate Prefecture	☎019-629-9617	Shiga Prefecture	Mental Health and Welfare Center, Shiga Prefecture	☎077-567-5010
Miyagi Prefecture	Mental Health and Welfare Center, Miyagi Prefecture	☎0229-23-0021	Kyoto Prefecture	Mental Health and Welfare General Center, Kyoto Prefecture	☎075-641-1810
	Mental Health and Welfare General Center, Sendai City	☎022-265-2191		Mental Health Promotion Center, Kyoto City	☎075-314-0355
Akita Prefecture	Mental Health and Welfare Center, Akita Prefecture	☎018-831-3946	Osaka Prefecture	Mental Health General Center, Osaka Prefecture	☎06-6691-2811
Yamagata Prefecture	Mental Health and Welfare Center, Yamagata Prefecture	☎023-624-1217		Mental Health Center, Osaka City	☎06-6922-8520
Fukushima Prefecture	Mental Health and Welfare Center, Fukushima Prefecture	☎024-535-3556		Mental Health Center, Sakai City	☎072-245-9192
Ibaraki Prefecture	Mental Health and Welfare Center, Ibaraki Prefecture	☎029-243-2870	Hyogo Prefecture	Mental Health and Welfare Center, Hyogo Prefecture	☎078-252-4980
Tochigi Prefecture	Mental Health and Welfare Center, Tochigi Prefecture	☎028-673-8785		Mental Health Center, Kobe City	☎078-371-1900
Gunma Prefecture	Mental Health Center, Gunma Prefecture	☎027-263-1166	Nara Prefecture	Mental Health and Welfare Center, Nara Prefecture	☎0744-47-2251
Saitama Prefecture	Mental Health and Welfare Center, Saitama Prefecture	☎048-723-3333	Wakayama Prefecture	Mental Health and Welfare Center, Wakayama Prefecture	☎073-435-5194
	Mental Health Center, Saitama City	☎048-851-5665	Tottori Prefecture	Mental Health and Welfare Center, Tottori Prefecture	☎0857-21-3031
Chiba Prefecture	Mental Health and Welfare Center, Chiba Prefecture	☎043-263-3891	Shimane Prefecture	Mental and Body Consultation Center, Tottori Prefecture	☎0852-21-2885
	Mental Health Center, Chiba Prefecture	☎043-204-1582	Okayama Prefecture	Mental Health and Welfare Center, Okayama Prefecture	☎086-201-0850
Tokyo	Chubu General Mental Health and Welfare Center, Tokyo	☎03-3302-7575		Mental Health Center, Okayama City	☎086-803-1273
	Tama General Mental Health and Welfare Center, Tokyo	☎042-376-1111	Hiroshima Prefecture	General Mental Health and Welfare Center, Hiroshima Prefecture	☎082-884-1051
	Mental Health and Welfare Center, Tokyo	☎03-3834-4102		Mental Health and Welfare Center, Hiroshima City	☎082-245-7746
Kanagawa Prefecture	Mental Health and Welfare Center, Kanagawa Prefecture	☎045-821-8822	Yamaguchi Prefecture	Mental Health and Welfare Center, Yamaguchi Prefecture	☎0835-27-3480
	Mental Health Consultation Center, Yokohama City	☎045-671-4455	Tokushima Prefecture	Mental Health and Welfare Center, Tokushima Prefecture	☎088-625-0610
	Mental Health and Welfare Center, Kawasaki City	☎044-200-3195	Kagawa Prefecture	Mental Health and Welfare Center, Kagawa Prefecture	☎087-804-5565
	Mental Health and Welfare Center, Sagami City	☎042-769-9818	Ehime Prefecture	Mental and Body Health Center, Ehime Prefecture	☎089-911-3880
Niigata Prefecture	Mental Health and Welfare Center, Niigata Prefecture	☎025-280-0111	Kochi Prefecture	Mental Health and Welfare Center, Kochi Prefecture	☎088-821-4966
	Mental Health Center, Niigata City	☎025-232-5560	Fukuoka Prefecture	Mental Health and Welfare Center, Fukuoka Prefecture	☎092-582-7500
Toyama Prefecture	Mental Health Center, Toyama Prefecture	☎076-428-1511		Mental Health and Welfare Center, Fukuoka City	☎092-737-8825
Ishikawa Prefecture	Mental Health Center, Ishikawa Prefecture	☎076-238-5761		Mental Health and Welfare Center, Kitakyushu City	☎093-522-8729
Fukui Prefecture	General Welfare Consultation Office, Fukui Prefecture	☎0776-24-7311	Saga Prefecture	Mental Health and Welfare Center, Saga Prefecture	☎0952-73-5060
Yamanashi Prefecture	Mental Health and Welfare Center, Yamanashi Prefecture	☎055-254-8644	Nagasaki Prefecture	Children, Women, and Disabled Persons Support Center, Nagasaki	☎095-844-5132
Nagano Prefecture	Mental Health and Welfare Center, Nagano Prefecture	☎026-227-1810	Kumamoto Prefecture	Mental Health and Welfare Center, Kumamoto Prefecture	☎096-386-1255
Gifu Prefecture	Mental Health and Welfare Center, Gifu Prefecture	☎058-231-9724		Mental Health Center, Kumamoto City	☎096-362-8100
Shizuoka Prefecture	Mental Health and Welfare Center, Shizuoka Prefecture	☎054-286-9245	Oita Prefecture	Mental and Body Consultation Support Center, Oita Prefecture	☎097-541-5276
	Mental Health Center, Shizuoka City	☎054-262-3011	Miyazaki Prefecture	Mental Health and Welfare Center, Miyazaki Prefecture	☎0985-27-5663
	Mental Health and Welfare Center, Hamamatsu City	☎053-457-2709	Kagoshima Prefecture	Mental Health and Welfare Center, Kagoshima Prefecture	☎099-218-4755
			Okinawa Prefecture	General Mental Health and Welfare Center, Okinawa Prefecture	☎098-888-1443

In addition, consultations are also accepted at each Regional Bureau of Health and Welfare's Narcotics Control Office, each prefecture (pharmaceutical affairs management divisions), healthcare centers, and police stations.

Please see the Ministry of Health, Labour and Welfare website for more information on the issue of drug abuse.

Ministry of Health, Labour and Welfare homepage

Policy Information on "Health," "Medical Care" and "Pharmaceuticals and Medical Devices"

Policy information "Information regarding preventing drug abuse"

[http://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou\\_iryuu/iyakuhin/yakubuturanyou/index.html](http://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryuu/iyakuhin/yakubuturanyou/index.html)

Ministry of Health, Labour and Welfare

1-2-2 Kasumigaseki Chiyoda-ku, Tokyo 100-8916 TEL: 03-5253-1111 (main number)

For people planning to graduate from high school

# Do you have any misunderstandings about drugs?



## Cannabis is an illegal drug that affects the brain!

➔ Don't be deceived by incorrect information and make decisions based on correct knowledge

### Cannabis ~~is~~ Safe

There is a stream of incorrect information about cannabis such as that it has no negative effects on the body and that it doesn't cause dependence. However, in reality **it is an illegal drug that affects the brain and causes various problems.**

If cannabis is abused, the **person's perception changes, they lose the ability to concentrate, and have emotional instability.** In addition, if the abuse is continued, it causes a condition of not having motivation to do anything (disorder of diminished motivation), lowered intellectual function, cannabis-induced psychosis, and more, and makes the person become **unable to adapt to life in society.**



Dry cannabis

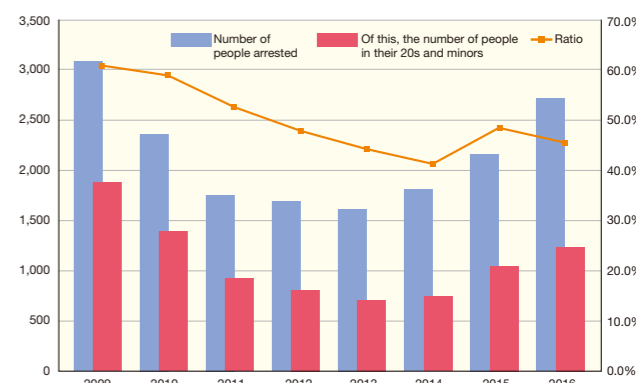
Cannabis resin

### The number of arrests of young people is increasing!

The number of people arrested for cannabis, which reached its peak in 2009 and had been decreasing, has been increasing in recent years, particularly with **increasing arrests of minors and people in their 20s.**

There are **concerns about the spread among young people**, such as arrests of high school students for violation of the Cannabis Control Act in Ibaraki Prefecture and Okayama Prefecture in 2017, and in Nagasaki Prefecture in 2018. Cannabis is known as a gateway drug. Because there is a high danger of it becoming an opportunity to use other drugs, **it should not be used even once.**

Change in the number of people arrested for cannabis crimes







## But I heard there are also some legal and safe drugs?

➔ Please learn the true information about dangerous drugs and don't be tricked by bad rumors.

### Dangerous drugs

These drugs are sold by disguising them so they don't seem like dangerous drugs with names like "herbs," "aromas," "aroma oils," and "bath salts," and contain added synthetic substances that imitate the chemical structures of drugs like stimulants and cannabis. Thus, they are neither legal nor safe. In addition to causing health damage and even death in users, there are also many reports of examples of them involving other people such as in incidents resulting in injuries and fatalities and traffic accidents.

Due to legal reform in 2014, it is illegal to possess, use, purchase, or transfer "dangerous drugs" that are designated drugs, and street stores were destroyed due to the strengthened regulation. However, they are still being sold on the internet and other places.

### Representative drugs that are abused

Drugs that are mainly abused in Japan are cannabis and dangerous drugs, as well as stimulants, MDMA, psychotropic drugs, thinners (organic solvents), and more. Abuse of stimulants causes hallucinations and delusions, and consuming large quantities can lead to death. MDMA causes vision and hearing changes, there are cases of it harming people such as with anxiety and insomnia, and continued use causes people to fall victim to mental agitation. Psychotropic drugs have medical uses, but abusing them causes mental and health impediments. For all of these drugs, even if you stop using them, your dependence on them will remain.



■ Stimulants



■ MDMA



■ Psychotropic drugs



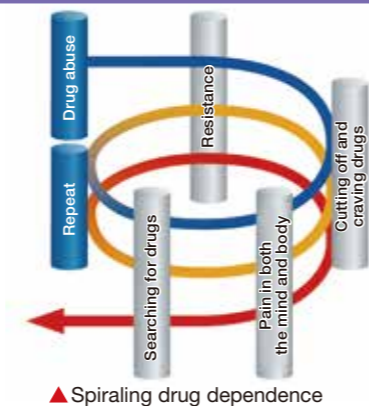
■ Organic solvents (thinners, toluene, etc.)



## What happens if you use dangerous drugs and illegal drugs?

➔ A brain destroyed by drug abuse will not return to how it was before. Sometimes people die.

Drug abuse affects the brain. Neural circuits control humans' actions, emotions, and more, but drug abuse destroys neural circuits. This causes respiratory arrest, hallucinations, impaired consciousness, and more. In addition, the shared trait of drugs that are abused is that they cause "dependence" that makes people want to use them over and over again. Drugs become the most important thing more than anything else, making people fall into the condition where they cannot quit even if they want to.



**For example...**

**Normal state**

Healthy brain

The ability to differentiate between past memories and reality...

**With drug use...**

Drug abuser's brain

Unable to differentiate between past memories and what is happening in reality!

Additional text in the diagram: "Bugs that caused disgust when seen in the past" and "One's real hand" (with an image of a hand).



## If I abuse drugs, the only person hurt will be me, right?

➔ Wrong. There is the possibility of hurting your family, friends, and third parties you have no relation to.

Drug abuse not only affects the mind and body of the user, but also has the danger of affecting the people surrounding him/her. You should understand why drug abuse is absolutely unforgivable if you imagine if the victims were people you care about.

### Confessions of drug abusers

When I used stimulants, I was always agitated. I imagined that the police were tailing me when I rode the train and sometimes hit the regular office workers behind me with all my strength and ran away. I hit a person when driving after using stimulants, and I just ran away because I was afraid that my stimulant use would be exposed. The victim was a child. It started when I was curious and tried marijuana (cannabis), and from there I became addicted to stimulants. It's impossible to take it back even if I repent, but I wish I had never done marijuana that first time. (Drug abuser A)

I thought nobody would be harmed but me. However, I tricked many of my friends and borrowed money and I was violent with my wife. I kept leaving the childrearing to my wife and I caused many losses at work. I was arrested for stimulants and given a suspended sentence, but on that day I used them again. I could not stop after that and in the end I was put in prison. My wife is raising the children by herself. (Drug abuser B)



### Tempting invitations to drug abuse

Speech bubbles: "It's fine if it's just once", "You'll enjoy the best mood ever", "If you try this, it'll clear your head and make your grades improve", "Everyone's doing it. Aren't you my friend?"

Thought bubbles: "Maybe it's fine if it's just once?", "It might cause distance with my friends if I refuse."

**NO!!!**

Using illegal drugs even just once is abuse! Even if it's just one time, your brain will remember it all.

If you're a real friend, then don't invite me to do dangerous drugs!

**Have the courage to refuse to protect yourself and value yourself.**

Even once is drug abuse!

There are dangerous drugs that are even more hazardous than cannabis and marijuana.

I need to go take care of an errand...

That way won't make my grades improve.

\*When you feel it's hard to refuse, get away from that place. Getting away shows courage.