

Preface

From our experience in drug abuse prevention, we have learnt that drugs are not only harmful to our bodies, minds and souls, but also to our families, as well as causing a serious problem to the safety and development in our society. There are many lessons we have learned, which is that drugs are a global concern. In order to help the staff and students in our colleges and universities to prepare themselves for the international community, we have compiled this handbook on drug abuse prevention in foreign languages in order to reinforce the anti-drug awareness and to improve the safety on campus by providing students and staff with appropriate reference materials to help them achieve the goal of zero drug abuse on campus.

The Drug Abuse Prevention and Health Education Handbook has not been specifically designed for international teachers and students in the past. Therefore, this Handbook has been designed by a team of experts to facilitate the promotion of drug abuse prevention among international teachers and students.

The purpose of this Handbook is to promote drug abuse prevention among foreign students and teachers in Taiwan so that they can understand the laws and regulations related to drug abuse prevention. In addition, the Handbook

Drug Abuse Prevention Handbook

also provides resources on drug abuse prevention and rehabilitation so that foreign students and teachers can obtain practical information to avoid being exposed to the narcotics hazards.

If you have any questions about this Handbook, please feel free to write to us. We will try our very best to improve this Handbook accordingly.

Editorial Team for the Drug Abuse Prevention Handbook
in Foreign Languages

December 2021

C Drug Abuse Prevention Handbook

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Identify the Narcotics

1. Definition of “Narcotics”

The term Narcotics in Taiwan refers to those narcotic drugs and their derivative products that are habit-forming, cause abusive usage, and are a danger to society, as well as other substances and their products that affect psychological behavior in accordance with Article 2 of the Narcotics Hazard Prevention Act.

2. Narcotics Categories

Narcotics are divided into four categories based on their extent of causing habitual usage, abusive usage, and danger to the society. First and second categories are usually more harmful than third and fourth categories:

- Category one: Examples include heroin, morphine and cocaine.
- Category two: Examples include amphetamines, ecstasy and cannabis.
- Category 3: Examples include ketamine, FM2, mephedrone (Meow Meow)

- Category 4: Examples include zolpidem, propofol (milk of anesthesia)

Classified by the characteristics:

- Central nervous system stimulants: Examples include amphetamines, MDMA (ecstasy) MDPV (bath salts), Meow Meow, PMMA
- Hallucinogen: Examples include cannabis and K2
- Central nervous system depressants: Examples include heroin and morphine
- Inhalant abuse: Inhalant abuse: e.g., nitrous oxide (laughing gas), super glue and Rush

3. Common Narcotics and their Hazards in Taiwan

Category One Narcotics



- The side effects include respiratory depression, nausea, vomiting, dizziness, confusion, anxiety, itching, and a low blood pressure.

- Withdrawal symptoms that may occur after prolonged use, and when discontinued, include thirst, restlessness, yawning, tearing, nasal discharge, night sweats, insomnia, anorexia, diarrhoea, nausea, vomiting, chills, abdominal pain, and muscle pain, all of which will gradually subside in about 7 to 10 days.
- Heroin is 10 times more toxic than morphine, and is more addictive than morphine. So, the withdrawal symptoms of heroin are extremely severe. Heroin abusers often contract AIDS, viral hepatitis (hepatitis B or C), endocarditis, and phlebitis from sharing needles (including needles, syringes, and diluent) when they inject drugs, and from using dirty needles.

Category Two Narcotics



(Methyl) amphetamine
(methamphetamine)

- Prolonged use may cause paranoid schizophrenia and is often associated with self-injury and aggressive behavior.

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- Amphetamines are often used to suppress appetite. It is frequently added to weight-loss drugs and sold illegally by criminals, so the user may become addicted without even knowing that amphetamine is used.



- Its effects are similar to the effects of amphetamines. Overdose may be toxic and may cause symptoms such as high body temperature (up to 43°C), dehydration, acute hypertension, cardiac arrhythmia, rhabdomyolysis and acute renal failure, which may lead to death in severe cases.

Category Two Narcotics



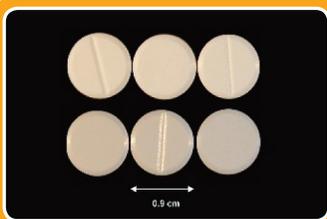
- It is a hallucinogen that affects the central nervous system. It causes rapid heartbeat, delusions, hallucinations, dry mouth and red eyes. Prolonged use may lead to drug tolerance and psychological dependence. When the dependence is developed, sudden withdrawal can result in anorexia, anxiety, restlessness, agitation, depression, sleep disturbances and other withdrawal symptoms.
- Teenagers who use cannabis can experience a decrease in IQ, memory and learning ability. The hallucinations associated with cannabis can also cause confusion and cause traffic accidents, as well as other public danger injuries.
- Pregnant women who use cannabis are at risk of having a premature birth or having a low birth weight baby.
- In addition to being smoked, cannabis is often refined into a liquid, mixed with e-cigarette oil, or made into biscuits, chocolate and other foods. **Cannabis is considered a category 2 narcotics in Taiwan and it is considered a criminal offence if a person grows, transports, sells, transfers, uses or possesses cannabis.**

Category Three Narcotics



Ketamine

- Ketamine abuse can lead to chronic interstitial cystitis, which will cause thickening of the bladder wall and reduce its capacity, resulting in frequent urination, urgency, painful urination and haematuria; in severe cases, there may even occur oliguria, edema and other signs of renal insufficiency; bladder reconstruction surgery may even be required. In addition, cognitive function (concentration and memory) and emotional stability may also be affected.



Benzodiazepines
(e.g. Erimine, FM2)

- Prolonged use can lead to drug tolerance, dependence and symptoms such as drowsiness, unsteady gait, poor concentration, poor memory and judgement, and poor reflexes.

- If it is used with alcohol or other CNS depressants, it can cause absent-minded behavior resulting in an accident or even a death by inhaling vomit.

New Psychoactive Substances (NPS)

Characteristic 1: It comes in many different forms or type, causing young people to be less alert.

- NPS is commonly found in the form of powdered beverages that are sold either in commercial packages or under their own brand name, or in the form of stamps, jellies or chocolates to attract young people.
- The hallucinogenic K2 is typically sprayed on the surface of tobacco or dried flowers and sold in the form of dried plants or herbal tea bags.

Characteristic 2: Mixed with several substances, impure and nonhomogenous

- Mix drugs with opposite or similar pharmacological effects can cause serious harm to health; if combined with alcohol, the effects can be intensified in ways that could lead to unpredictable results.

Characteristic 3: Organizational Marketing

- The drug's marketing is now becoming an industrial chain. It is often done by offering free drugs for the initial purchase. The drug is not only distributed through gangs or organisations, but also through “group buying”, where young people are influenced by their peers to start drug abuse.

毒咖啡包?

混合式毒品致死率高!

小心包裝?幾可亂真!

常混摻2種以上毒品種類,最常見內含物有K他命、搖頭丸、
甲基安非他命、卡西酮、喵喵及FM2等,不要好奇嘗試。

注意封口

根據法務部
法醫研究所統計

109年上半年新興毒品相關死亡案件,
共計98件,平均驗出4種毒品成份。

偽製化包裝?

市售商品,重新包裝,有拆封痕跡;
山寨品牌,沒有拆封痕跡;
自創品牌,包裝完整,無製造標示,各式新
流行圖標。

各縣市預防中心24小時諮詢專線 | 輔導專線
0800-770-885 | 110

教育部
Ministry of Education
關心您 國

Nitrous oxide (laughing gas)

- It is a short-acting inhaled general anaesthetic that takes about 15 to 30 seconds to work and will last for 2 to 3 minutes.
- Nitrous oxide can disrupt the formation of B12, which can cause peripheral nerve and spinal cord lesions over time, resulting in numbness in the hands and feet, inability to walk, complete loss of stereoscopic sensation, and possible mental disorders such as drowsiness, depression or confusion.
- When used together with alcohol or other drugs, there is a risk of poisoning that can cause serious physical and psychological harm.

別讓笑氣笑掉你的人生!

笑氣學名為「一氧化二氮」或「氧化亞氮」，是一種無色有甜味的氣體，俗名為吹氣球。

⚠️ 嚴重可能成為植物人或死亡，造成無法恢復的傷害，請勿任意嘗試。
別因一時的狂歡作樂 造成無法彌補的傷害 ⚠️

笑氣的危害性？

- 出現幻覺
- 身體癱瘓
- 手腳麻木
- 精神疾病
- 四肢萎縮
- 神經病變
- 無法行走
- 大小便失禁

教育部 關心校園

查詢專線 0800-770-885



Drug Prevention

1. Be alert to avoid getting harm

- Narcotics may be packaged to look like a sweet snack such as candy or chocolate, or in coffee packets, tea bags or milk tea bags. **Be careful to look for signs of re-packaging.**
- Friends are often the access to drugs. If you are under pressure from peers to use tobacco, alcohol, betel nut, drugs, special candies, drinks, etc., **you can refuse directly, make excuses, leave the scene, change the subject, make fun of yourself, and talk to your friends in a polite and firm manner to refuse these offers.**
- Stay away from inappropriate places such as cyber cafes, pubs, nightclubs, etc. Be alert and don't accept drinks and cigarettes from strangers, and **don't let your drink out of your sight if it has been opened; pay special attention to your friends' friends, even if they are close friends or female friends.**
- When you experience symptoms or sign of dizziness, nausea or vomiting, blurred or distorted vision, limp or

weakness, hyperactivity, anxiety, delusions or hallucinations, please take the following actions:

- (1) Leave the scene immediately.
- (2) Seek help from a reliable person.
- (3) Call 110 to report to the police.

2. 8 tips to refuse drugs

If you are tempted by your peers or drug dealers, please follow these tips

- **Insist on saying No!**

I don't break the law.

No, I really don't want to do it.

- **Tell the Reason**

Using narcotics is a crime, so don't make me do it.

My parents are very tough and if they find out I'll be in trouble.

- **Make fun of yourself**

I just can't do it, I'm scared, I don't want to try it !

I can't, I'm really a coward, I don't dare to try it !

- **Leave the scene with an excuse**

It's late, I want to go home, I have to go now.

I am not feeling well, so I shall go home now.

- **Friendly Persuasion**

We are best friends, so I don't want you to become drug users!

Don't do it! It's not good for your health. We're good friends, so we shouldn't try it !

- **Change the Topic**

Look, this pastry is delicious! Try it out! The video of the kitten in the news today is so cute, have you seen it ?

- **Counter-persuasion**

This substance is an addictive one, and it's hard to quit. Look at what happened to that drug abuser in the news yesterday... so don't do it !

- **Reverse psychology**

If I take this drug because you say so, I must have no guts.

Confidence is the best way to avoid the temptation of drugs; say no to them.

3. Signs of Substance Abuse and Help

- **Changes in sleep pattern**

Sleeping late, not sleeping at all, staying up all night, reversing day and night, sleeping for 2 or 3 days continuously.

- **Unstable emotions**

Mood swings, irritability, suspiciousness, hypomania, depression, and poor mental state

- **Abnormal behavior**

Impulsive behaviors, throwing things for no reason, swearing, absenteeism, runaways from home, dropping out from school, blackmail or bullying, babbling, speaking incoherently, frequent urination.

- **Special items**

Powder, inhaler, zip lock bag



How to help drug abusers

- √ Observe and care for others
- √ Encourage them to seek medical care and get screened
- √ Access to resources and help them get treatment
- √ Support and keep them company, help them get accepted in their friends and family

4. About CHemsex

- (1) Definition: Chemsex refers to using substance to enhance the sensations and feelings during the sexual intercourse.
- (2) Context: Commonly used in internet dating and partying.
- (3) Drugs: It refers to non-opioid substances (e.g. methamphetamine, ketamine, ecstasy, cannabis, GHB, meow meow).

【 If used together with drugs and alcohol, it can be fatal ! 】
- (4) Method: The drug is often administered by inhaling or injecting (slam).

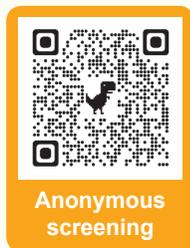
- (5) Effects: You may experience less self-control, stronger senses, and craving for sex, which may affect your cognitive thinking and judgement and lead to unprotected sex, which may be associated with substance abuse.
- (6) Risk: You are most likely to contract sexually transmitted infections such as HIV, syphilis or gonorrhoea due to more frequent unsafe sex.



Stay Away from HIV/AIDS

HIV screening

- (1) At least 1 screening for people who have had sexual intercourse.
- (2) At least 1 screening per year for those who have had sex without using condom.
- (3) If you are at risk of exposure to HIV (such as sharing needles, having multiple sexual partners, using substance abuse, or having a sexually transmitted disease), screening is recommended for every 3-6 months.



Avoid having risky behavior

- (1) Refuse to use narcotics
- (2) Do not share needles (including needles, diluent and containers)
- (3) Avoid having multiple sexual partners or having sex with strangers (be careful about internet dating) !

Pre-Exposure Prophylaxis (PrEP)

PrEP reduces the risk of HIV infection by up to 90% if taken consistently before having any risky behaviors.



5. 5 principles for going abroad or returning to your home country

Don't Let Yourself Become
the Next Death Penalty Statistic for

CROSS-BORDER DRUG SMUGGLING

Overseas drug smuggling incidents keep increasing.
Several Taiwanese smugglers have been sentenced to death in Southeast Asia.

PLEASE PAY ATTENTION TO THESE
5 PRINCIPLES
WHEN GOING ABROAD OR
RETURNING TO YOUR HOME COUNTRY:

- ✗ **DON'T BE GREEDY OR YOU WILL GET INTO TROUBLE.**
- ✗ **DON'T HELP STRANGERS TO TRANSPORT THEIR THINGS.**
- ✗ **DON'T HELP STRANGERS TO CARRY THEIR LUGGAGE.**
- ✗ **DON'T ACCEPT ANYTHING SUSPICIOUS FROM FRIENDLY STRANGERS.**
- ✗ **ALWAYS KEEP AN EYE ON YOUR LUGGAGE.**



PRODUCED BY
the Ministry of Education
WE CARE ABOUT YOU

Toll-Free Hotline
0800-770-385

Police Reporting Hotline
110



Anti-drug
Abuse Campaign



Resources

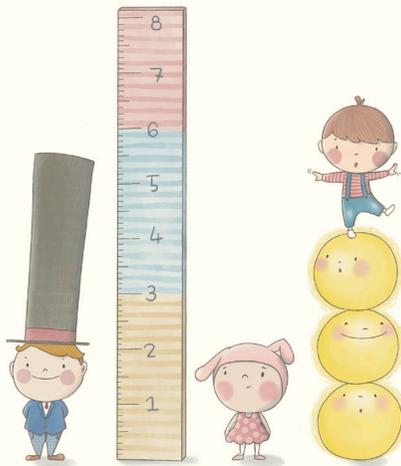
1. Counseling Services

Drug Abuse Prevention Centers of county (city) governments

24-hour toll-free hotline:0800-770-885

Services include:

Counseling services for drug abusers or their families, including rehab treatment, HIV screening, psychological counseling, medical care, legal counseling, social support, vocational training and career assistance, school counseling, harm reduction programs, private rehabs and other related counseling services.



Telephone Numbers of Foreign Affairs Division / Administration Division of County and City Police

Foreign affairs divisions / administrative divisions of the county (city) police offices	Telephone No.
Taipei City Police Dept. Foreign Affairs Division	02-23817494
New Taipei City Police Dept. Foreign Affairs Division	02-80725454 Ext 4096
Taoyuan City Police Dept. Foreign Affairs Division	03-3335107
Taichung City Police Dept. Foreign Affairs Division	04-23273875
Tainan City Police Dept. Foreign Affairs Division	06-6354531
Kaohsiung City Police Dept. Foreign Affairs Division	07-2215769
Keelung City Police Bureau Foreign Affairs Division	02-24252787
Hsinchu City Police Bureau Foreign Affairs Division	03-5242103
Hsinchu County Police Bureau Foreign Affairs Division	03-5557953
Chiayi City Police Bureau Foreign Affairs Division	05-2220772
Chiay County Police Dept. Foreign Affairs Division	05-3620220

Miaoli County Police Bureau Foreign Affairs Division	037-356950
Changhua County Police Dept. Foreign Affairs Division	04-7615463
Nantou County Police Bureau Foreign Affairs Division	049-2234302
Yunlin County Police Bureau Foreign Affairs Division	05-5329033
Pingtung County Police Bureau Foreign Affairs Division	08-7336283
Yilan County Police Bureau Foreign Affairs Division	039-353921
Hualien County Police Dept. Foreign Affairs Division	03-8224023
Taitung County Police Bureau Foreign Affairs Division	089-334756
Penghu County Government Police Bureau Foreign Affairs Division	06-9278466
Kinmen County Police Bureau Foreign Affairs Division	0823-25653
Lienchiang County Police Bureau Foreign Affairs Division	0836-25859 Ext 2102

2. Subsidy Program

Drug Abuse Treatment Subsidy Program offered by the Ministry of Health and Welfare

- For persons enrolled in National Health Insurance
- Subsidies include the out-of-pocket medical expenses that are not covered by the national health insurance
- Subsidy amount: Subsidy is available for selected treatment
 - (1) For those aged 18 and older: up to \$35,000 per year
 - (2) For those under the age of 18: up to \$40,000 per year

Community-based
Treatment for Substance
Use Disorders
Contact Information



List of Designated Drug
Abuse Rehabs and
Alternative Treatment
Providers



Please contact the 24-hour toll-free hotline of the Drug Abuse Prevention Center at

0800-770-885

“Drug Abuse Prevention and Counseling Services in Colleges and Universities” by the Ministry of Education

- **Target**

College and university students who use narcotics. We may provide support for students in senior high school students or younger as necessary.

- **Content**

- (1) Individual counselling and family therapy. On-line counseling is also available.
- (2) We offer 6 to 8 free counseling sessions per student, with the possibility of extending the service as many times as necessary upon the psychologist's professional assessment.

- **Contact Phone Number**

(02)7749-5720

We will not inform the school if the student seeks help for himself/herself, so that he/she will not be subject to any disciplinary action imposed by the school.

3. Website Resources

Domestic Drug Abuse Prevention Websites

Name of Website	URL
Ministry of Health and Welfare	http://www.mohw.gov.tw
Food and Drug Administration, Ministry of Health and Welfare - Anti-Drug Resource Zone	http://www.fda.gov.tw/TC/site.aspx?sid=10070
Ministry of Education Anti-Drug Abuse Campaign	http://enc.moe.edu.tw
Ministry of Justice Anti-Drug Home Page	http://antidrug.moj.gov.tw
Criminal Police Bureau, National Police Agency, Ministry of the Interior / Common Use Narcotics Zone	https://cib.npa.gov.tw/ch/app/folder/48

Drug Abuse Prevention Websites Worldwide

Name of Website	URL
United Nations Offices on Drugs and Crime (UNODC)	http://www.unodc.org
International Narcotics Control Board (INCB)	http://www.incb.org
World Health Organization (WHO)	http://www.who.int/substance_abuse/en
European Monitoring Centre for Drugs and Drug Addiction (EMCDDA)	http://www.emcdda.europa.eu/index.cfm
National Institute on Drug Abuse (NIDA)	http://www.drugabuse.gov



IV Laws and Regulations

Common Narcotics Offense and Penalties

Category	One	Two
Common Narcotics	Heroin, Morphine, Cocaine	Methamphetamine, MDMA, Cannabis, MDPV, Catha Edulis
Manufacturing, transporting, or selling narcotics	Death sentence or life imprisonment. Offenders who are sentenced to life imprisonment may also be subject to a fine of no more than thirty million New Taiwan dollars.	Life imprisonment or a minimum ten-year fixed-term imprisonment, and may also be subject to a fine of no more than fifteen million New Taiwan dollars.
Seducing others to use narcotics	Minimum three-year to a maximum ten-year fixed-term imprisonment, and may be fined no more than three million New Taiwan dollars.	Minimum one-year to a maximum seven-year fixed-term imprisonment, and may be fined no more than one million New Taiwan dollars.

Transferring narcotics	Minimum one-year to a maximum seven-year fixed term imprisonment, and may be fined no more than one million New Taiwan dollars.	Minimum six-month to a maximum five-year fixed-term imprisonment, and may be fined no more than seven hundred thousand New Taiwan dollars.
Using narcotics	Minimum six-month to a maximum five-year fixed-term imprisonment.	Maximum three-year fixed-term imprisonment.
Possessing narcotics	Maximum three-year fixed-term imprisonment, detention, or a fine of no more than three hundred thousand New Taiwan dollars.	Maximum two-year fixed-term imprisonment, detention, or a fine of no more than two hundred thousand New Taiwan dollars.
	Possessing pure narcotics of more than 10 grams shall be punished with a minimum one-year to a maximum seven-year fixed-term imprisonment, and may be fined no more than one million New Taiwan dollars.	Possessing pure narcotics of more than 20 grams shall be punished with a minimum six-month to a maximum five-year fixed-term imprisonment, and may be fined no more than seven hundred thousand New Taiwan dollars.

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Category	One	Two
Common Narcotics	Ketamine, Erimine, FM2, Meow Meow (Mephedrone), Kratom	Zopiclone, Valium, Xanax, Milk of Anesthesia (Propofol)
Manufacturing, transporting, or selling narcotics	Minimum seven-year fixed-term imprisonment, and may also be subject to a fine of no more than ten million New Taiwan dollars.	Maximum twelve year fixed-term imprisonment, and may also be subject to a fine of no more than five million New Taiwan dollars.
Seducing others to use narcotics	Minimum six-month to a maximum five-year fixed-term imprisonment, and may be fined no more than seven hundred thousand New Taiwan dollars.	Maximum three-year fixed-term imprisonment, and may be fined no more than five hundred thousand New Taiwan dollars.
Transferring narcotics	Maximum three-year fixed-term imprisonment, and may be fined no more than three hundred thousand New Taiwan dollars.	Maximum one-year fixed-term imprisonment, and may be fined no more than one hundred thousand New Taiwan dollars.

<p>Using narcotics</p>	<p>A fine of more than twenty thousand and less than fifty thousand New Taiwan dollars, and shall be ordered to attend a narcotics hazard seminar of more than six hours and less than eight hours.</p>	<p>A fine of more than ten thousand and less than fifty thousand New Taiwan dollars, and shall be ordered to attend a narcotics hazard seminar of more than four hours and less than six hours.</p>
<p>Possessing narcotics</p>	<p>A fine of more than twenty thousand and less than fifty thousand New Taiwan dollars, and shall be ordered to attend a narcotics hazard seminar of more than six hours and less than eight hours.</p>	<p>A fine of more than ten thousand and less than fifty thousand New Taiwan dollars, and shall be ordered to attend a narcotics hazard seminar of more than four hours and less than six hours.</p>
	<p>Possessing pure narcotics of more than 5 grams shall be punished with a maximum two-year fixed-term imprisonment, and may be fined no more than two hundred thousand New Taiwan dollars.</p>	<p>Possessing narcotics of more than 5 grams shall be punished with a maximum one-year fixed-term imprisonment, and may be fined no more than one hundred thousand New Taiwan dollars.</p>
<p>Over 600 substances are currently controlled in Taiwan. Many of these substances are legal to use in your home country, but you may be breaking the law when you use them in Taiwan.</p>		

Control of Nitrous Oxide (Laughing Gas)

Toxic and Concerned Chemical Substances Control Act

- Persons who illegally possess nitrous oxide are subject to a fine from \$30,000 to \$300,000.
- Persons who commit an offence of causing death or endangering human health shall be sentenced to life imprisonment or imprisonment not less than seven years and may be fined not more than \$10 million.
- For sale of laughing gas through online or mail order, the person who operates the platform is subject to a fine from \$60,000 to \$300,000 per case.

Social Order Maintenance Act

- Persons who commit the offence shall be punished by detention for up to three days or a fine of up to NT\$18,000.

笑氣根本不好笑!

笑氣學名為「一氧化二氮」或「氧化亞氮」，是一種無色有甜味的氣體。

依「毒性及關注化學物質管理法」規定未經核可擅自非法買賣或使用笑氣者，可處新臺幣3萬起至30萬元罰鍰，若因而致人於死或危害人體健康，則嚴重可處無期徒刑或七年以上有期徒刑併科罰金最高新臺幣1,000萬元。

愛惜自己與家人 勿以身試法

相關資源可洽各縣市毒品危害防制中心：諮詢專線 0800-770-885 (請撥市、縣專線) 教育部 Ministry of Education 關心您



Q & A

Q1. What should I be aware of as a foreign student?

- **Mind the School Rules**

The “Rules of Student Rewards and Penalties” in the school often include measures to deal with students who have been exposed to drugs or who have broken the law (e.g. receiving a demerit or expulsion).

- **Consider Your Career**

In addition to being subject to prosecution, you may lose the opportunity to work or stay in Taiwan as a result of being involved with drugs (e.g. for foreign students participating in a co-operative education program).

- **Stay Away from Narcotics**

Protect yourself and stay healthy

Q2. The international differences in cannabis policy

Absolutely illegal

Taiwan, Japan, Indonesia, Vietnam, Malaysia

Legal for recreational
or medical use

Uruguay, Thailand, certain States in the
USA, Canada

Q3. What are the common New Psychoactive Substances (NPS)?

- Methylone (bk-MDMA)
- Mephedrone (commonly known as Meow Meow)
- MDPV (commonly known as bath salts)
- TFMPP (Molly)
- Para-chloroamphetamine (commonly known as PCA or 4CA) often contains synthetic cathinones that act as central nervous system stimulants and are highly dangerous.



Q4. What are the ingredients commonly used in coffee packets these days as drugs?

(1) PMMA

PMMA is a slow-acting and dangerous drug. Users often mistakenly believe that it is not very effective and accidentally increase the dosage, which leads to overdose and death in many cases.

Common adverse effects include agitation, hallucinations, coma, convulsions, high body temperature, rhabdomyolysis, respiratory failure, cardiac arrhythmia and may even cause death.

(2) Mephedrone (Meow Meow)

It is highly addictive, with adverse effects including palpitations, elevated blood pressure and psychiatric symptoms. Discontinuation of use may result in depression, agitation, shivering, sleep disorders and delusions.



Q5. What should I be aware of when taking sleeping pills?

Controlled Drugs	It is illegal to use sedatives other than those prescribed by a medical practitioner.
Prescription	Always consult a doctor for a thorough evaluation.
Follow doctor's orders	Do not increase or decrease the dosage of medication or change the time of taking medication yourself.
Do not drink alcohol	To avoid serious adverse reactions.
Sleep well	Keep a regular routine and avoid using 3C products 2 hours before bedtime.
Gradually reduce the dosage	Do not stop taking medication suddenly to avoid withdrawal symptoms or rebound insomnia.

Q6. What is detoxification treatment via deferred prosecution?

Targets	People who use Category 1 or 2 narcotics
Methods	Outpatient or other methods that do not involve restriction on personal freedom.
Items	Medication, psychotherapy, rehabilitation, drug testing, other measures to prevent the condition from worsening or to improve the ability of relapse prevention.
Requirements	One year of treatment at a designated facility, as well as periodic reporting to the Probation Office for urine testing.

Q7. Can I seek rehabilitation treatment on my own in Taiwan?

Yes

According to the Narcotics Hazard Prevention Act, a person who has used Category I or II narcotics may voluntarily request treatment from a medical institution designated by the Ministry of Health and Welfare prior to the conduct being discovered.

If you are suffering from substance use disorder, the law in Taiwan encourages you to seek medical care.

