

Substance	Risk of Dependency?	Possible Effects	When Used in Combination with Alcohol	Withdrawal Symptoms
Alcohol	yes	euphoria; drowsiness; respiratory depression; constricted pupils; nausea	<p>Symptoms of an Alcohol Overdose: Breathing is slow, shallow or has stopped; skin is cold, clammy, or blue; vomiting while passed out; loss of consciousness/unresponsive</p>	irritability; sweating; tremors; nausea; anxiety; difficulty sleeping; <i>in severe circumstances:</i> seizures and/or hallucinations
Cannabis (<i>marijuana</i>)	yes	enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety	Increased heart rate; blood pressure; further slowing of mental processing and reaction time	irritability; trouble sleeping; decreased appetite; anxiety

Cocaine	yes	<p>euphoria; increased energy and alertness; anxiety; restlessness; erratic behavior; heart rhythm problems; seizure; increased body temperature, heart rate and blood pressure; headache; abdominal pain and nausea; panic attacks; stroke coma</p>	<p>increased risk of cardiac toxicity (<i>damage to the heart by harmful chemicals</i>) than from use of cocaine or alcohol on its own</p>	<p>severe cravings; depression; tiredness; increased appetite; insomnia; vivid unpleasant dreams; slowed thinking and movement; restlessness</p>
DXM (<i>dextromethorphan</i>) - (<i>Robitussin®</i> , <i>NyQuil®</i>)	yes	<p>cough relief; euphoria; slurred speech; increased heart rate and blood pressure; dizziness; nausea; vomiting</p>	unknown	unknown

Gamma-hydroxybutyrate (GHB)	yes	euphoria; drowsiness; nausea; vomiting; confusion; memory loss; loss of consciousness; slowed heart rate and breathing; lower body temperature; seizures; coma; death	nausea; problems with breathing, greatly increased depressant effects	insomnia; anxiety; tremors; sweating; increased heart rate and blood pressure; psychotic thoughts
Hallucinogens:				
Ayahuasca, DMT, Khat, Salvia	unknown	numbness; disorientation and confusion; dizziness, nausea, and vomiting; changes in sensory perception; hallucinations; feelings of detachment from self and environment; increase in blood pressure, heart rate, respiration, and body temperature	unknown	unknown
Ketamine	yes		increased risk of adverse effects	unknown

LSD, Mescaline (Peyote), Phencyclidine (PCP)	no		unknown	unknown
Heroin	yes	euphoria; dry mouth; itching; nausea; vomiting; inability to feel pain (analgesia); slowed breathing and heart rate	dangerous slowing of heart rate and breathing; coma; death	severe cravings; restlessness; muscle and bone pain; insomnia; diarrhea; vomiting; cold flashes with goose bumps
Inhalants	yes	confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition; lightheadedness; hallucinations; headaches; sudden sniffing death due to heart failure; death from asphyxiation or suffocation; brain damage from lack of oxygen	unknown	nausea; tremors; irritability; problems sleeping; mood changes

Kratom	yes	nausea; dizziness; itching; sweating; dry mouth; constipation; increased urination; loss of appetite; <i>hallucinations with long term- high dose usage</i>	unknown	muscle aches; insomnia; irritability; hostility; aggression; emotional changes; runny nose; jerky movements
MDMA (Ecstasy/Molly)	unknown	lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature could lead to kidney failure or death	MDMA decreases some of alcohol's effects; alcohol can increase plasma concentrations of MDMA, which may increase the risk for neurotoxic effects <i>(damage to the brain and nervous system)</i>	fatigue; loss of appetite; depression; trouble concentrating

Methamphetamine	yes	increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, and temperature; irregular heartbeat; insomnia; confusion; anxiety; erratic behavior; hallucinations	Masks the depressant effect of alcohol, increasing the risk of alcohol overdose; may increase blood pressure	depression; anxiety; tiredness
Prescription Central Nervous System Depressants:				
Barbiturates: <i>Pentobarbital (Nembutal®), Phenobarbital</i>	yes	drowsiness; slurred speech; poor concentration; confusion; dizziness; problems with movement and memory; lowered blood pressure; slowed breathing	Further slows heart rate and breathing, which can lead to death	seizures; shakiness; anxiety; agitation; insomnia; overactive reflexes; increased heart rate, blood pressure, and temperature with sweating; hallucinations; severe cravings
Benzodiazepines: <i>Xanax®, Librium®, Valium®</i>	yes			
Sleep Medications: <i>Lunesta®, Sonata®, Ambien®</i>	yes			

Prescription Opioids: <i>codeine, fentanyl, Vicodin® (hydrocodone), Dilaudid®, Demerol®, methadone, morphine, OxyContin® and Percocet® (Oxycodone), Opana®</i>	yes	pain relief; drowsiness; nausea; constipation; euphoria; slowed breathing; death	dangerous slowing of heart rate and breathing, leading to coma or death	restlessness; muscle and bone pain; insomnia; diarrhea; vomiting; cold flashes with goosebumps; leg movements
Prescription Stimulants:				
<i>Adderall® (Amphetamine)</i>	yes	Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages.	masks the depressant effect of alcohol, increasing the risk of alcohol overdose; may increase blood pressure	depression; tiredness; sleep problems
Ritalin®, Concerta® (<i>Methylphenidate</i>)	yes			

<p>Psilocybin (<i>Magic mushrooms</i>)</p>	<p>unknown</p>	<p>hallucinations; altered perception of time; inability to distinguish fantasy from reality; panic; muscle relaxation or weakness; problems with movement; enlarged pupils; nausea; vomiting; drowsiness</p>	<p>may decrease the perceived effects of alcohol</p>	<p>Unknown</p>
<p><i>Rohypnol</i>[®] (Flunitrazepam)</p>	<p>yes</p>	<p>Drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate.</p>	<p>severe sedation, unconsciousness, slowed heart rate and breathing, which can lead to death</p>	<p>Headache; muscle pain; extreme anxiety, tension, restlessness, confusion, irritability; numbness and tingling of hands or feet; hallucinations, delirium, convulsions, seizures, or shock.</p>

Steroids (Anabolic)	yes	improved athletic performance; acne; fluid retention; oily skin; kidney and liver damage; high blood pressure; increased risk of stroke or heart attack; increased aggression and extreme mood swings	increased risk of violent behavior	Mood swings; tiredness; restlessness; loss of appetite; insomnia; lowered sex drive; depression, sometimes leading to suicide attempts.
Synthetic Cannabinoids (<i>ex. K2, Spice</i>)	yes	increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure.	unknown	Headaches, anxiety, depression, irritability.

Synthetic Cathinones (<i>bath salts</i>)	yes	Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; violent behavior; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; panic attacks; reduced motor control; cloudy thinking.	unknown	Depression; anxiety; tremors; problems sleeping; paranoia
Tobacco and Nicotine (<i>cigarettes, eCigarettes/Juul, chewing tobacco</i>)	yes	increased blood pressure, breathing, and heart rate; increased risk of cancer and heart disease; emphysema (<i>Whether use of eCigarettes/Juuls leads to an increased risk of cancer is currently unknown.</i>)	unknown	irritability; attention and sleep problems; depression; increased appetite
[1] National Institute on Drug Abuse, "Commonly Abused Drugs Charts," National Institutes of Health, last modified July 2, 2018, https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts .				