

KETAMINE



Practitioners and veterinarians use ketamine functionally as an anaesthetic. Illegally ketamine has been subject to recreational purposes as it can induce a high at certain doses. This dissociative drug has hallucinogenic properties, acting on the brain to cause the user to experience a detachment from reality.

When taken at the appropriate dose a dream-like state is aimed to be achieved, however a slight overdose could result in the unpleasant side effects. An example of this is commonly called 'falling into a K-hole'. Occurs when a high enough dose of ketamine is taken.

Falling into the K-hole can be described as being stuck deep underwater with the pressure pushing down on you, unable to move or communicate your vision could be blurry, becoming so profoundly impaired that your unable to interact, move or even connect with your surroundings. This state would prove to be very distressing especially in an unsafe environment. Along with this scary possibility, (depending on one's dosing, physiology, weight, and use of other substance's) the long term effects can be very varied and severe.

Ketamine has been noted as a less common drug in and around the New Zealand community however is on the rise in terms of people seeking new ways to get high. It is expected ketamine use will become increasingly popular. If you or anyone of your peers are considering to use this drug, seek more information and further education prior to use, understand the harsh realities ketamine use entails before being subject to the negative side effects.

Seek Professional help if you or someone you know is:

- Using ketamine regularly as an escape from reality
- Falling into a k-hole trance on more than one occasion
- Noticing other's concern about the ketamine use
- Suicidal thoughts