

Nitrous Oxide

(Whippets
Laughing Gas
Nitrous)

Where is Nitrous Oxide Commonly Found?



Whipped Cream Canisters



At the dentist

How is it Taken?

Inhaled directly from
whipped cream canisters

Inhaled from balloons filled
with pure nitrous oxide gas

Short Term Effects

Users report feeling “high”, or giddy and euphoric for a few minutes after they take nitrous oxide. However, these feelings wear off quickly and are replaced with drowsiness or even unconsciousness, and impulsive decision making. These effects can last much longer, sometimes even hours.

Long Term Effects

Long term use is regular usage over long periods of time

Can result in damage to neurons.

Impairs your ability to think and solve problems.

Has the potential to become addictive.

Addiction

Addiction occurs when an individual becomes fixated on an activity that is rewarding. Rewarding activities feel good because they activate the reward pathway in the brain.



Many activities and items can activate the reward pathway: academic success, food, friendships, and familial bonds all make us feel good and activate the reward pathway.

Drugs can also activate the reward pathway. If someone wants to feel good, and pursues and uses drugs to do so, they may start to ignore their family, their friends, their grades, or other things in life which are important or constructive. This is addiction!

How to get help

If you are worried you or somebody you know or love is addicted to a drug, talk to someone.

Even if you are worried your parents or friends won't accept you or will judge you for using a drug such as nitrous oxide, you can try talking to your teacher or doctor as well.

There are also government programs with people who are trained to talk to those who abuse drugs. These hotlines and websites are available 24/7:

Samhsa.gov (Substance abuse)

1 (855) 853-8153 (Inhalant Abuse Hotline)