GETTING HELP

If you or someone you know needs help...

Visit

www.samhsa.gov/find-help

Distress hotline, suicide hotline, information about treatment Centers, and more.

Talk

To a parent, doctor, teacher

Call

1-800-662-4357 (National Helpline)
1-800-985-5990 (Distress Helpline)

MORE ABOUT INHALANTS

If you want to learn more...

Inhalants

www.ncbi.nlm.nih.gov/pmc/articles/PMC2794702/

www.drugabuse.gov/drugs-abuse/inhalants

Toluene

pubchem.ncbi.nlm.nih.gov/compound/toluene

TOLUENE

Drug Class: Inhalant

Found in: Household products such as paint thinner, detergent, nail polish, spot remover, adhesive, and antifreeze

Chemical Structure: Hydrocarbon with Chemical formula C₇H₈
**EFFECTS**

**Initially:** Fast onset, short-lasting high

**Then:** Drowsiness, dizziness, confusion, agitation, impaired vision

**Duration:** Several Hours

**Toxicity:** At high levels, toluene intoxication may cause vomiting, organ damage, paralysis and coma

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**LONG-TERM EFFECTS**

Muscle weakness, confusion, decreased coordination

Damage to lungs and impaired breathing

Damage to neuron membranes and myelin sheaths leading to brain atrophy

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**DEATH from TOLUENE USE**

40% of deaths from inhalant use occur in first time users

**Sudden Sniffing Death Syndrome**
Heart failure leading to death

**Lack of Oxygen**

**Fatal Injuries**
Due to dangerous behavior

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**Non-user**

**Inhalant User**

May result in blindness, deafness, intellectual disability