

# Club Drugs: Dancing on Thin Ice

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There is nothing wrong with wanting to go out and have a good time with your friends and dance the night away. However, putting something into your body that has the potential to do you great harm does not have to be part of the plan.

Are you or someone that you know struggling with using club drugs? Leaving bad habits like this behind can be difficult. Let's take a look at [club drug types](#) and answer the question "*why are club drugs dangerous?*"

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## Ecstasy (MDMA)

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Taken in the form of a tablet or capsule, users experience a euphoric effect for about 3-6 hours with these highly popular rave drugs. Ecstasy causes the user to want to keep on dancing. While this sounds like fun, it does not come without a price. ***Ecstasy causes your heart to race so quickly that it can cause a heart attack. In addition to this, your blood gets so warm that it could do damage to your kidneys and become life-threatening.***

## PCP (Angel Dust)

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Primarily smoked in powdered form, PCP can also be ingested orally or injected. This highly dangerous hallucinogenic drug has varying effects on different people. A PCP user may expect to feel high and imagine themselves as having an out of body experience.

***The problem with this is that the user is often unable to distinguish reality from fantasy. They may experience delusions of grandeur or think everyone is out to get them.***

## Crystal Meth (Methamphetamine)

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A form of methamphetamine that resembles shards of glass, crystal meth is usually smoked, though it can also be melted and injected. This extremely powerful drug makes the user feel completely awake, energetic and focused. Through stimulating dopamine and serotonin production, crystal meth gives the user a feeling of pleasure and euphoria. ***Highly addictive club drugs such as meth can build up in the bloodstream and cause a toxic overdose.***

## LSD (Acid)

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Though LSD was much more popular in the 1960s than it is today, it still is one of the party drugs that ravers take in order to enhance their clubbing experience. It stimulates serotonin production in the brain but overstimulates brain activity. A potent hallucinogen, LSD blurs the line between what is real and what is not. LSD has a way of blending one's senses together. For example, a user may tell ***For those predisposed to schizophrenia, LSD use may trigger its onset.***

## Shrooms (Psilocybin Mushrooms)

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Along the same lines of LSD are psychedelic mushrooms. People take them by eating them or brewing them in a tea. Early symptoms of ingesting these mushrooms include nausea and yawning excessively. High doses of psychedelic mushrooms may cause hallucinations, anxiety, nervousness and a general paranoid state of mind. The most dangerous thing about taking them is that if you take too many of them, you may develop a permanent mental health condition known as psychosis. When you ingest these mushrooms, you never know if your "trip" is going to be a good one or a bad one. ***A "bad trip" brings feelings of intense panic, fear of death, and vomiting and other undesirable physical and mental symptoms.***

## Final Thoughts

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Are you or someone that you know struggling with using club drugs? Leaving bad habits like this behind can be difficult. Perhaps you are living every day with club drugs side effects and you don't know how to break free of the hold that these party drugs have on you. [Renaissance Recovery Center](#) is here to take you off of the roller coaster. [Contact us today for a free consultation at 480-526-7738.](#)