FACTS about STIMULANTS
Most commonly used stimulants are Ritalin and Adderall

Students who illegally take Adderall/Ritalin are:
- 5x more likely to abuse prescription painkillers
- 8x more likely to abuse prescription tranquilizers
- 8x more likely to use cocaine

Effects of stimulants include increased alertness, increased blood pressure, premature aging, increased risk of depression & anxiety, decreased appetite, blurred vision, muscle tics and twitches, tremors, seizures, & hallucinations

Long-term effects of stimulants can cause serious heart problems, mania, mental breakdowns, &/or psychosis

Stimulants + Alcohol increase blood pressure. Also, stimulants mask the depressant action of alcohol, greatly increasing the risk of alcohol poisoning

- stimulants + alcohol can increase anxiety and aggressive behavior
- 50-60% of college seniors admit abusing unprescribed Adderall/Ritalin as a study aid

For any questions & concerns regarding substance use contact ASAP at asap@barnard.edu