

khat

Other terms for khat include:
Quat, qat, qaadka, chat, miraa



Photo taken from talktofrank.com

This fact sheet provides a quick guide for users, family and friends

What is it?

Khat is a leafy green shrub with naturally occurring stimulant properties. It is often chewed in parts of East Africa and the Middle East, but use has begun to spread into Europe. In the UK, Khat is occasionally imported in twig-like bunches for sale in some greengrocers and specialist health food shops. The leaves have a withered appearance and lose much of their potency just a few days after being picked.

What are the effects of chewing Khat?

- Khat is a stimulant.
- It can make you feel more alert and talkative.
- It can also make users achieve a state of calm following a few hours of chewing.
- It takes the edge off appetite.

If you are planning on taking Khat:

- Remember it tends to discolour teeth.
- Saliva is stimulated by chewing khat, which means users feel the need to spit a lot during use.
- Avoid mixing with other drugs during or after a khat chewing session, as the combined effects can be unpredictable and even dangerous.
- Do not drive after you have chewed.

How much does it cost?

Prices can vary from region to region. The average street price for a 'hit' which is a small bunch of leaves, costs around £4.

What are the risks of chewing Khat?

If you use it a lot, you may develop insomnia, high blood pressure, heart problems and sexual problems like impotence. There's also a longer-term risk of development of mouth cancers.

It can give you feelings of anxiety and aggression. It can make pre-existing mental health problems worse and can cause paranoid and psychotic reactions (which may be associated with irritability, anxiety and losing touch with reality).

The law and Khat:

In the UK, the khat plant is not classified as a controlled substance under the Misuse of Drugs Act, so no penalties apply for use or trade. However, taking it to other countries, such as the US, could lead to heavy fines or prison sentences.

Where can I get further help and support?

A - DASH work with anyone under 18 years old in Hertfordshire who has issues/problems with their own drug/alcohol use. They are open weekdays from 9am to 4.30pm. For more information call 01923 427288 or text 07770 537227. For over 18 year olds visit www.hertsdirect.org/caresupport

FRANK is a 24 hour confidential helpline giving information about drugs, alcohol and other substances. Telephone 0800 77 66 00 or click on www.talktofrank.com

RELEASE provide information about drugs, the law, and human rights: www.release.org.uk