

K2 / SPICE INFORMATION & WITHDRAWAL SHEET

Understanding the Risks. Supporting Recovery.

What is K2 / Spice?

K2, also known as **Spice** or **synthetic weed**, is **not real marijuana**. It is a **man-made chemical** sprayed onto plant material to mimic THC, the active chemical in cannabis. It is **much stronger**, **unpredictable**, and can be **dangerous** or even **deadly**.

Why Is K2 Dangerous?

- K2 can cause **extreme anxiety, paranoia, hallucinations, seizures, and violent behavior**
 - Ingredients **change often**, making every batch different
 - Effects are often **stronger and more toxic** than real marijuana
 - It's often **used in jails or on the street** because it's hard to detect on drug tests — **but this doesn't mean it's safe**
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Effects of K2 Use

Short-Term Effects	Long-Term Effects
Rapid heart rate	Memory problems
Aggression or paranoia	Depression or suicidal thoughts
Hallucinations or confusion	Worsening mental health
Vomiting or seizures	Dependence or repeated use to feel normal
Panic attacks or blackouts	Increased risk of overdose or death

What is K2 Withdrawal?

Some people who use K2 regularly become **dependent**, meaning they feel sick or unstable when they stop using it. **Withdrawal from K2 can be physical, mental, and emotional**. Symptoms usually begin within 24–72 hours of stopping.

Common Withdrawal Symptoms

Physical Symptoms Emotional/Mental Symptoms

Headaches	Anxiety or panic attacks
Nausea or vomiting	Depression
Sweating or chills	Insomnia or vivid nightmares
Tremors or shaking	Paranoia or mood swings
Fatigue or weakness	Strong cravings for more K2

How Long Does Withdrawal Last?

Time After Last Use	What to Expect
1–3 Days	Symptoms begin (headache, nausea, anxiety)
4–7 Days	Symptoms peak; insomnia, cravings common
1–2 Weeks	Symptoms improve but mental health may fluctuate
Weeks–Months	Depression, anxiety, or cravings may linger

How to Manage Withdrawal Safely

- ✓ **Stay Hydrated** – Water, Gatorade, or clear liquids help flush your system
 - ✓ **Get Support** – Talk to a trusted peer, caseworker, or counselor
 - ✓ **Use Calming Tools** – Breathing exercises, music, journaling
 - ✓ **Ask a Provider About Medications** – Some meds can help with sleep, nausea, or anxiety
 - ✓ **Rest in a Safe Space** – Keep your environment calm and predictable
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Where to Get Help

- **SAMHSA National Helpline:** 1-800-662-HELP (4357) – Free, 24/7
 - **988 Suicide & Crisis Lifeline:** Call or text 988
 - **Local Reentry or Jail Programs** – May offer support or referrals
 - **Harm Reduction Programs** – Can help with education, peer support, and mental health referrals
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Remember:

K2 may feel like a quick escape, but it comes with serious risks. Withdrawal can be tough, but **you are not alone**. Support is available. Taking steps toward recovery – even small ones – **is a sign of strength**.