

# Laughing Gas is No Joke



## 1. Laughing gas is no joke

Using NOS starves the brain of oxygen and can cause brain damage, suffocation, long term cognitive issues or even death. Don't risk your life for a high.



## 2. High on NOS? You're not in control

Driving under the influence of nitrous oxide is dangerous and illegal. One hit can impair your judgment and coordination increasing the risk of accidents and injuries to yourself and others.



## 3. One balloon, one bad decision, one life lost

NOS can cause irregular heartbeats, sudden heart failure and death. Repeated use can damage your spinal cord and nerves, leading to numbness or even paralysis.



## 4. NOS impact on mental health

Anxiety, depression, and psychosis are real risks with frequent NOS use.



## 5. Respect the space, bin your waste

Used NOS canisters and balloons aren't just rubbish, they're dangerous. Leaving them around can hurt people, animals and the planet. Don't create stress - bin your mess.



**FRANK provides information on drugs, their effects and the law**  
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**CASUS offers help and advice to Cambridgeshire young people (up to 18 years) getting into difficulties around substances**  
[CASUS, casus, Cambridgeshire child and adolescent substance use service, | CPFT NHS Trust](#)



**CASUS**  
Child and Adolescent Substance Use Service