

Ketamine Misuse

Understanding psychological dependence and the physical risks of frequent use

Substance misuse can develop quietly. A substance may begin as a way to cope, sleep, socialise, manage pain, increase confidence or get through difficult feelings. This guide is here to help you notice patterns with curiosity rather than judgement.

What misuse can look like

Frequent ketamine use can become psychologically compelling, particularly when it is used to disconnect from distress, numb emotions or escape difficult experiences.

Physical concerns

Repeated use is associated with bladder and urinary problems and can also affect memory, concentration and day-to-day functioning.

Signs to notice

Increasing frequency, using alone, needing more for the same effect, urinary pain, urgency, abdominal discomfort, memory problems or continuing despite harm are important warning signs.

Support

A GP or drug service can assess physical symptoms as well as the pattern of use. Urinary symptoms should not be ignored, especially when they are persistent or painful.

A gentle check-in

Ask yourself: What does this substance do for me? What happens before I use it? What happens afterwards? What has become harder because of it? What support would make change feel more possible?

Notice	Consider
Triggers, cravings, quantity, secrecy, sleep, mood and consequences.	GP support, local drug/alcohol services, counselling, trusted people and practical harm-reduction advice.

Important safety note

This resource is educational and does not replace medical assessment. Some substances can cause dangerous withdrawal or overdose. If there is unconsciousness, severe breathing difficulty, seizure, collapse, chest pain or immediate danger, seek emergency medical help.

You deserve support that looks at the whole person - not just the substance.