MAN... THE MUSIC IS BLOODY AWESOME!

BUT HEY... I'VE GOT SOMETHING THAT'LL REALLY GET THIS PARTY GOIN!
COME ON PUNK
IT'LL BE COOL....
GIVE IT A GO

Uh.... Okay
HACK... COUGH COUGH !!!

HAHAHA... EXCELLENT!!
OHMMMMMM.....

THERE IS NO WAY I AM EVER TRYING THAT STUFF AGAIN...
RECREATIONAL

HEY ROCK!! I WANNA MEET UP LATER TO GRAB SOME WEED, OKAY?

COOL...

PARK
THIS IS THE THIRD TIME THIS WEEK MAN... YOU NEED TO START BUYING YER OWN.

DO I STILL WANT TO KEEP DOING THIS?
HABITUAL

MONDAY

I NEED THE MONEY FOR A SCHOOL EXCURSION.
TUESDAY

IT'S FOR A FRIEND'S BIRTHDAY......
WEDNESDAY

NOT THIS TIME...

BUT DAD...!!

BUY-SELL
SECOND-HAND
THURSDAY

COME ON! I JUST NEED THE MONEY!

WELL YOUR NOT GETTING IT! THAT'S THAT!!

I CAN PAY YOU TOMORROW... I PROMISE...
FRIDAY

PLEASE!
JUST ONCE
MORE!!
TOLERANCE

DAMN...SMOKED THE LOT AND DON'T FEEL ANY DIFFERENT.
HEE! WAIT UP ROCK!

WHAT WAS THAT SHIT YOU SOLD ME? IT WAS CRAP!!

YOU NEED MORE OF THE STUFF TO GET THE SAME BUZZ... COS YOUR USING SO OFTEN.
DEPENDECE

MAN.....
I NEED A
HIT SO
BAD....

BUT I
CAN'T GET
SOME TILL
THIS ARVO..

GIVE SCHOOL
A MISS TODAY..
SORRY MATE.... NO GOODS TILL I SEE SOME CASH.
HEY ROCK...
WHERE'S MY MONEY YOU SHIT?!!

OKAY...OKAY I'LL GET IT...
RiNG! RiNG!!

JUST HAVE TO ANSWER THIS CALL YOUNG FELLA...

UH.... OKAY..

GENERAL STORE
WITHDRAWAL

YOUR UNDER ARREST FOR POSSESSION AND SUPPLY.

YOU ARE IN SERIOUS TROUBLE SON!
I'VE SERIOUSLY GOT TO STOP USING....

AHHH AHHH!! AAAAAHH...!!!

I CAN'T SLEEP PUNK...THING'S ARE JUST GOING CRAZY....

I CAN'T BELIEVE THINGS HAVE GOTTEN SO BAD.
HEY!! GET THE NURSE!

I CAN'T SLEEP!! I'M SICK!!

I CAN'T DEAL WITH THIS!!
REDUCED TOLERANCE

SIGN THIS AND YOU CAN GO...
NEED TO CALM DOWN WITH A JOINT...

WHAAAA... WHAT'S HAPPENING TO ME...... UUUURGHHH...
**ALCOHOL**

**SHORT-TERM EFFECTS**

- Blackouts in memory
- Physical aggression
- Less concerned about one's own behaviour
- Embarrassing social situations (e.g., vomiting in public from drinking too much)
- Aggressive behaviour
- Feeling relaxed
- Poor short term memory
- Poor long term memory
- Unwanted sexual situations and unprotected sex
- Difficulty paying attention to more than one thing at a time
- Decreased ability to form memories
- Coma
- Poor coordination and judgement
- Poor decision making and judgement
- Vomiting
- Disoriented (not sure of one's own sense of direction or position in surroundings)
- Slurred speech
- Increased risk of sexually transmitted diseases
- Nausea
- Hangover
- Poor balance
- Relaxed
- Loss of consciousness
- Blurred vision

**Death:**

- Overdose / intoxication: Excessive alcohol consumption can result in the respiratory system shutting down and a person dying as a result
- Combining drugs: Combining alcohol with other central nervous system depressants (e.g., heroin, inhalants) drugs can increase the risk of overdose
- Accidental deaths: Drinking too much alcohol is a major cause of road injury and fatalities, suicide, assaults, pedestrian road injury and drowning
LONG-TERM EFFECTS

Alcohol abuse
Depression
Increased risk of breast cancer
Stomach damage
Stomach inflammation
Reduced reproductive organs
Increased risk of stroke
Increased risk of heart disease
Increased blood pressure and disorders
Increased liver damage
Increased risk of heart disease
Alcohol to get the same effects
Dependency
Loss of job or career
Increased violence
Risk of domestic violence
Cancer of the head, neck, and digestive tract
Brain damage
Poor performance or school
Increased risk of breast cancer
Increased risk of reproductive damage
Memory problems
Relationship problems
Decreased ability to think clearly and make good judgments
Increased anxiety
CANNABIS
SHORT-TERM EFFECTS

A dreamlike state — feeling disconnected from the world
Decreased concentration and ability to focus
Decreased alertness and attention
Anxiety and panic
Friendship and relationship problems
Increased need to urinate
Poor short-term memory
Decreased motivation
Increased appetite
Dryness of the eyes, mouth, and throat
Dizziness and light-headedness
Apathy — feeling as if you can't be bothered to do some things
Decreased heart rate
Drowsiness
Poor performance of complex tasks
Feeling, seeing, and hearing things differently
Legal problems
Feeling of well-being and increased sociability
Increased heart rate
Distorted perception of time
Paranoia — thinking people are watching you or are out to get you
Poor balance and fine motor skills
Increased nausea
Reddening of the eyes or blood shot eyes

At very high doses:
Psychotic symptoms such as persecutory delusions and hallucinations.

Hallucinations occur when a person thinks they can either hear, feel, touch or see something that is not there.

Delusions are false, untrue or unrealistic beliefs (e.g., an alien is poisoning me)

Psychosis: Cannabis can trigger psychosis in a person who has the pre-existing condition or vulnerability (i.e., someone who may have developed it anyway). Cannabis can act as a key to unlock an existing condition.

Tingling in lips, fingers and toes

There is no evidence of cannabis causing death in humans
Change in blood pressure, such that blood pressure increases while the person is sitting, but decreases while the person is standing
Feeling relaxed and calm
CANNABIS LONG-TERM EFFECTS

- Cannabis dependence (i.e., when someone needs cannabis to function normally)
- Mental health problems (i.e., psychosis in vulnerable people)
- Decreased ability to think, reason and function intellectually (while taking cannabis)
- Early school drop-out
- Reproduction - there is some belief that cannabis can cause problems with reproduction. Specifically, reduction in testosterone, sperm abnormalities and menstrual abnormalities. However, again the evidence is not sufficient to draw firm conclusions.
- Cardiovascular effects - i.e., in those with pre-existing heart problems, there is an increased risk of heart attacks and strokes
- Immune system function - There is some evidence to suggest that cannabis may damage a person's immune system, that is the system they use to fight off disease and infections
- Memory problems
- Depression
- Respiratory symptoms such as cough, mucus, wheezing and bronchitis
- Heart and blood disorders (e.g., increased blood pressure and heart disease)
- Respiratory cancer - smoking cannabis may cause cancer because cannabis smoke contains many carcinogens. At present the evidence for these cancers is still inconclusive. The risk of cancer may be increased by the common practice of mixing tobacco with cannabis before smoking
- Greater likelihood of leaving jobs or contributing to accidents, which reduces overall productivity
- Low birth weight babies if the mother uses cannabis during pregnancy

Drug Information and Harm Minimisation Skills
**Inhalant's Short-term Effects**

- **Drowsiness**
- **Loose of appetite**
- **Loss of appetite**
- **Unsteady on their feet**
- **In larger quantities the person can:***
  - Become disoriented
  - Lose coordination and fall over

**Inhalant's Long-term Effects**

- **Tremors**
- **Nasea**
- **Diarrhoea**
- **Happy and less inhibited**
- **Not worrying as much about the consequences of your actions**
- **Piziness**
- **Glazed eyes**
- **Dizziness**
- **Sneezing**
- **Agitation and uneasiness**
- **Slurred speech**

**In larger quantities the person can:**
- Pass out
- Lose body coordination
- Have convulsions
- Have breathing difficulty
- Hallucinate
- Overdose - lose consciousness and blackout

These effects can result in acute accidents and accidental death from falling, drowning etc.

**Death:**

- **Sudden Sniffing Death** - occurs when a person sniffs a lot of solvent quickly and then does strenuous exercise - like running away. Death occurs because the heart cannot cope with the strain that is put on it.

- **Accidental injury - suffocation** (from putting a plastic bag over their head or spraying the solvent directly into their throats), falling, fire or explosion.

- **Other accidental deaths: e.g., drowning**
INHALANT'S
LONG-TERM EFFECTS

- Constant tiredness
- Nose bleeds
- Unable to think clearly
- Bad breath
- Weak
- Sore on and in the nose and mouth
- Weight loss
- Frequent coughs
- Forgetful
- Irritability
- Moody, hostile and depressed
- Permanent brain damage
- Tremors
- Muscle fatigue and soreness
- Decreased concentration
- Tiredness
- Aggression
- Paranola (as if everyone is out to get them)
- Damage to the kidneys, liver, stomach and nerves
PSYCHOSTIMULANTS
SHORT-TERM EFFECTS

- Increased attention
- Increased alertness
- Elevated mood or euphoria (high)
- More talkative
- Restless and excited
- Anxiety
- Palpitations
- Increased libido
- Trouble sleeping
- Hypertension
- Increased risk-taking behaviour

The erratic behaviour and mood of some individuals using methamphetamine can make it difficult to sustain a relationship in the short term.

- Increased energy, increased activity
- Rapid and irregular heartbeat
- Increased appetite
- Decreased appetite
- Dilatation of pupils
- Dry mouth
- A sense of well-being
- Tremors (larger quantities)
- Irritability
- Reduced inhibitions
- Increased body temperature
- Increased quantities the person can have:
  - Mental confusion
  - Paranoia - thinking people are watching them or are out to get them
  - Aggression
  - Hallucinations (i.e., hearing, seeing, feeling, smelling or tasting) something that is not really there
  - Delusions - strongly believing things that are clearly untrue
  - Headaches
  - Loss of coordination
  - Flushing / fever
  - Dizziness
  - Nausea / vomiting
Psychostimulants
Long-term effects

- Anger and hostility, particularly in people who are prone to angry outbursts
- Anxiety
- Financial problems associated with spending money on the drug and not turning up to work
- Confusion and poor concentration
- Damaged blood vessels and skin abscesses (sores) from injecting
- Depression
- Fatigue and sleep problems
- Dental problems - teeth grinding, jaw clenching and decay
- Hallucinations (i.e., hearing, seeing, feeling, smelling or tasting) something that is not really there
- Delusions - strongly believing things that are clearly untrue
- The experience of the 'comedown' gets worse
- Repetitive activity/behaviour
- Paranoia - feeling overly suspicious and believing that someone is out to get them
- Increased HIV, hepatitis B and C transmission are potential consequences especially for those who use dirty or second-hand injecting equipment or from unprotected sex
- Extreme mood swings
- Cardiovascular problems - increased risk of heart attack and stroke
- Relationship breakdown:
  - Sometimes people become over-confident when they use methamphetamine and don't realise the damage they are doing to their relationships with friends and family
  - Arguments over drug use
  - Not having enough money to pay the rent or do other things
  - When one person is totally pre-occupied with drugs it can cause relationship problems
  - Breakdown of trust in relationships due to paranoia, stealing, etc.

- Damage to nasal membranes if sniffed up (sniffed up through the nose)
- Arguments with friends
- Withdrawal symptoms - mood swings, appetite changes, sleep disturbances, depression, paranoia and anxiety
- Trouble keeping up with work and other responsibilities
- Weight loss
- Inability to sleep (i.e., insomnia)
ECSTASY
SHORT-TERM EFFECTS

- A sense of well-being
- Inability to sleep
- Tongue and cheek chewing
- Teeth grinding
- Increased self-confidence
- Lack of inhibitions
- Difficulty concentrating
- Trouble chewing
- Nausea

- Weight loss
- Dry mouth and thirst
- Irritability
- Work and study problems
  - Increased use of sick leave
  - Increased skipping of classes
  - Trouble concentrating
  - Lack of motivation
  - Reduced work performance

- Quitting work or being sacked was also not uncommon among frequent users.

These problems were reported to occur because ecstasy interferes with mental processing. In addition, it takes time to recover from the effects of ecstasy which impacts on work and study.

Deaths from ecstasy are rare, but do happen. They can result from ecstasy toxicity or from the deleterious effects of other chemicals contained in the pills (e.g., PMA).

Euphoria (a high)

- High doses Flushing / fever
- Sweating
- Warm and loving
- Confusion

- Troubles urinating
- Hot and cold flushes

- Anxiety
- Vomiting
- Legal problems
- Paranoia
- Extreme symptoms like suicidal thoughts but are rare

- Joint pains
- Financial problems
- Appetite changes

- Nervousness
- Headaches
- Problems having sex or having an orgasm

- Increased body temperature
- Fearfulness of increased closeness to others
- Overheating and dehydration

In high doses:
- Tremors
- Headaches
- Loss of coordination
- Dizziness
- Nausea / vomiting

Energetic
- Loss of energy

Rock
ECSTASY
LONG-TERM EFFECTS

Little is known about the long-term effects of ecstasy as it has only become popular in the last 15-20 years. However, there is growing evidence that ecstasy use is associated with long-term problems related to:

- Memory problems
- Learning problems
- Depression
- Anxiety
- Liver function

Of great concern is that evidence suggests that these long-term symptoms may be irreversible.
GENERAL
HARM MINIMISATION TIPS

The best way for anyone to avoid harm is not to take drugs.

Otherwise a person should:
- Educate themselves on the specific drugs so that they understand the effects and risks associated with the drug.
- Never mix drugs. Mixing drugs can lead to extreme reactions, which may be different from one time to the next.
- Always let someone know what they have taken. That way, if they have an unusual reaction or something goes wrong, help can be sought immediately.
- Seek help/call an ambulance immediately if there is even the slightest risk that you think another person may be having an unusual reaction to a drug. Ambulance officers will only call police if there is a risk to their own personal safety or someone dies.
- Set a limit on how much of a drug (including alcohol) they intend to take. Drug use can impair a person's judgment and decrease inhibitions, so they may be more likely to take more or too much of a drug.
- Not binge on drugs over a long time period. This puts excessive strain on the body and brain. It is important a person gives their body a rest.
- Not buy or carry drugs for another person or themselves. If they carry drugs for another person (or themselves) and they get caught, it could change their lives forever.
ALCOHOL
HARM MINIMISATION TIPS

The most obvious way to minimise the harm from alcohol is not to drink alcohol or to drink alcohol in small quantities.

For those who choose to drink alcohol, some harm minimisation tips include:

→ Never drinking to get drunk, as this is when things can go wrong.
→ Planning in advance exactly how many drinks to have and then sticking to that low-moderate limit.
→ Finish each drink, don’t top it up, so that you know how much you have had.
→ Know your limits - what may be OK for others may not be OK for you.
→ Not drinking straight from the alcohol bottle as it makes it hard to keep track of how much alcohol has been consumed.
→ Not sharing straight from bottles as again it makes it hard to keep track of how much alcohol has been consumed.
→ Avoid "shouts": Don't get involved in shouts, or rounds. If you do get stuck in a shout, buy a non-alcoholic drink for yourself when it’s your shout.
→ Consider what activities may still need to happen that day or the next day when planning the limit. For example, boating and alcohol should not be combined.
→ Consider who will be at the drinking venue and whether it is appropriate to drink.
→ Have a soft drink before drinking any alcohol. This will help to ensure that alcohol is not gulped to quench that initial thirst.
→ Eat some food before drinking alcohol. Food in the stomach slows down the rate that alcohol can be absorbed into the blood stream.
→ Drink alcohol slowly and put the glass down between drinks (but only if you are confident that someone will not put something in your drink).
→ Count the drinks as they are consumed to avoid exceeding the set limit.
→ Space alcoholic drinks with juice, water or soft drink.
→ Don’t eat salty food as this can increase thirst and lead to more alcohol being consumed.
→ In poorly ventilated venues, drink lots of water and soft drink to avoid consuming alcohol to quench thirst or relieve dehydration.
→ Drink low-alcohol alternatives.
→ Don't let yourself be pressured to drink alcohol.
→ Don't mix alcohol with other drugs – the combined effects of drugs can be unpredictable. If you mix two drugs which both slow down the central nervous system (i.e., depressants) the consequences can be fatal.
→ Don’t drink and drive or operate heavy machinery.
→ Stay with people you know and trust.
→ Don't drink and go swimming.
→ Have alcohol-free days: Have at least two days a week when you don’t drink at all.
→ Stay busy - if you go out, try to stay busy as you will be less likely to drink as much alcohol (e.g., play pool, dance)
→ Carry condoms - The effects of alcohol may make you more relaxed and confident which may increase the likelihood of having unplanned sex. If you are having sex, use a condom to avoid contracting sexually transmitted infections.
For those who choose to use cannabis, some harm minimisation tips include:

- In comparison to a joint, the use of a bong leads to larger quantities of toxins (poisons), such as carbon monoxide and tar being inhaled more deeply into the lungs.
- With a bong, the water absorbs a great deal of the THC in the smoke. This means the smoker needs to inhale a lot more smoke to get the desired amount of THC, resulting in the smoker being exposed to a lot more tar and other cancer causing substances.
- Holding the smoke in one's lungs does not increase the effects of the THC, but does lead to greater lung damage.
- Don't use a filter on a joint. Filters stop about 60% of the THC getting through. This means the smoker needs to inhale lots more smoke to get the desired amount of THC. This results in the smoker being exposed to a higher proportion of tar and other toxic substances in smoke.
- Harmful by-products can be released from plastic bottles, drink cans, hoses and aluminium cones which are sometimes used to make bongs. It is recommended that other materials be used.
- It is important to keep a bong clean and change the water regularly, as a dirty bong can hold germs and viruses such as Hepatitis A.
- Don't mix cannabis with tobacco. Although people mix cannabis with tobacco to make it last longer and burn more easily, doing so increases the health risks as smokers inhale more tar and other harmful cancer causing substances. Also, when deciding to give up, it may make it harder to stop smoking as this can lead to the experience of nicotine withdrawal.
- Once of the best ways to avoid the harmful effects of cannabis smoke on the lungs is to cook the cannabis in cookies or cakes and eat it, rather than smoke it. But, this also has its drawbacks...
- Eating cannabis leads to a slower onset of the effects of the THC as it takes longer for the THC to enter the bloodstream when consumed in this way. This can lead to a person eating excessively large amounts of cannabis whilst they wait for the effects to take place. It is important to eat a little bit, and then wait for a while to gauge the effects before eating more.
Inhalant's Harm Minimisation Tips

The most obvious way to minimise the harm from inhalants is not to use them.

For those who do use inhalants, some harm minimisation tips include:

- Don't sniff when alone, or in dangerous places.
- Don't sniff in small enclosed spaces such as cupboards where there it likely to be a lack of oxygen and a greater concentration / build up of fumes.
- Don't put the plastic bag over your head as you may lose consciousness and then suffocate. The practice of covering your head to intensify exposure is extremely risky.
- Don't use inhalants near busy roads or where you could put yourself in danger whilst intoxicated.
- Use smaller bags to reduce the risk of suffocation.
- Don't smoke near or around inhalants as many are highly flammable.
- Don't use inhalants near any naked flame.
- Don't use other substances such as alcohol and other drugs whilst intoxicated with inhalants, as this will increase the risk of accidents and overdose.
- A person who is intoxicated from inhalants should not suddenly be frightened / alarmed or participate in violent physical activity, as sudden death can result if the sniffer's heart rate becomes elevated.
- Choking on vomit is a large cause of deaths from inhalants. If someone sees another person pass out they need to make sure the person can breathe and is placed in a position where they cannot choke on their vomit. An ambulance needs to be called.
- Some substances (e.g., glue) are less harmful than others.
- Don't spray substances directly into your mouth or throat as this can 'freeze' the airways and cause suffocation.
- Have knowledge of what to do in an emergency.
**METHAMPHETAMINE AND ECSTASY HARM MINIMISATION TIPS**

The most obvious way to minimise the harm from methamphetamine and ecstasy is not to use them.

For those who do use methamphetamine, ecstasy and other psychostimulants, some harm minimisation tips include:

- Ecstasy and methamphetamine lead to an increase in your body temperature. Because these drugs are frequently taken in hot, crowded clubs, where people dance for hours on end without replacing fluids, there is a risk of overheating and dehydration. If dehydration is serious it can lead to death. Symptoms of overheating and dehydration include:
  - Starting to feel hot, unwell and confused
  - Headache and vomiting
  - Not sweating even when dancing
  - Not being able to talk properly
  - Not being able to urinate or noticing urine is dark and thick
  - Heart rate and pulse not slowing down even during rest

- To help avoid dehydration it is important to:
  - Consume 500ml of water per hour whilst active (e.g., dancing)
  - Consume 250ml of water per hour when not moving around (e.g., chilling out)
  - Have breaks from activity to help body temperature and heart rate decrease
  - Avoid drinking alcohol with these drugs as alcohol increases the level of dehydration

- People have died from drinking too much water after taking ecstasy, but this is very rare. When a person drinks too much water it affects the levels of salt and other minerals in the blood. This can cause the brain to swell, which can lead to a coma and possibly death. It is important that water is sipped and not gulped in large quantities.

- Avoid alcohol and caffeine, both of which lead to further dehydration.

- Ecstasy and methamphetamine, like other drugs, can lower inhibitions. This means that some people using these drugs could be more likely to engage in risky sexual behaviour (such as unsafe sex) increasing the risk of sexually transmitted infections or pregnancy.

- Sex combined with ecstasy or speed can also be very rough. It can lead to discomfort and increase the risk of sexually transmitted infections resulting from the increased risk of condoms breaking.

- Just because a person has taken an ecstasy tablet with a specific logo on it and not had an adverse reaction, it doesn’t mean they won’t have a bad reaction to a tablet with the same logo the next time.

- Two ecstasy tablets which are the same colour or have the same logo may have very different effects. Ecstasy tablets which look the same can come from different sources and contain very different drugs.

- Ecstasy can make people feel open and loving, which can increase the risk of someone taking advantage of them. Other people may also interpret this friendliness as a come-on.

- It is best not to inject drugs. The harms associated with injecting drug use include the transmission of blood borne viruses such as HIV, hepatitis B and hepatitis C, as well as other medical conditions such as vein collapse, abscesses, and blood poisoning. Snorting, swallowing and smoking drugs are all dangerous, but carry less of a risk than injecting.

- Injecting drug users should always use clean and sterile injecting equipment to reduce the risk of blood borne viruses and other infections. They should not share needles.
**Drug Withdrawal**

### Alcohol Withdrawal Symptoms

Heavy daily alcohol users may experience the following symptoms when they cease using alcohol:

- Increased body temperature
- Increased pulse rate
- Increased breathing rate
- Increased blood pressure
- Nausea and vomiting
- Auditory or visual hallucinations (i.e., hearing or seeing something that is not there)
- Sweating
- Agitation and anxiety
- Disturbed sleep
- Pins and needles, itching, burning, numbness, crawling sensation

People who are dependent on alcohol are likely to experience withdrawal symptoms 6 to 24 hours after the last drink. Withdrawal symptoms usually stop about 5 days after the last drink is consumed.

Although alcohol withdrawal is usually uncomplicated, this does depend on the frequency, quantity and amount of time alcohol has been consumed. To be on the safe side, it is important when deciding to cease the use of alcohol to seek medical advice.

### Cannabis Withdrawal Symptoms

Heavy daily cannabis users may experience the following symptoms when they cease using cannabis:

- Anxiety / nervousness
- Decreased appetite / weight loss
- Restlessness
- Sweating
- Sleep difficulties, including strange dreams
- Anger
- Chills
- Depressed mood
- Stomach pains / physical discomfort
- Shakiness

It is assumed that the prevalence and severity of such withdrawal would be stronger in heavier users. Withdrawal symptoms peak 2-6 days after ceasing use and can last for approximately two weeks.
**Inhalant Withdrawal Symptoms**

Withdrawal symptoms are not common but some people who are dependent on inhalants and suddenly stop using them may experience some mild withdrawal symptoms. Withdrawal symptoms include:

- Anxiety
- Depression
- Loss of appetite
- Irritation
- Aggressive behaviour
- Dizziness
- Tremors
- Nausea

Unlike the use of drugs such as alcohol and heroin, long-term inhalers usually don't need any medical help for the withdrawal process when they decide to stop.

**Ecstasy Withdrawal Symptoms**

The vast majority of people who stop using ecstasy do not experience any withdrawal symptoms.

**Drug Withdrawal**

**Methamphetamine Withdrawal Symptoms**

The most common symptoms of methamphetamine withdrawal are:

- Drug craving
- Increased appetite
- Shaking
- Sweating
- Depression
- Headaches
- Anxiety
- Extreme irritability
- Nausea
- Hyperventilation (abnormally fast and deep breathing)
- Aches and pains
- Palpitations
- Loss of energy or exhaustion
- Excessive drowsiness, or
- Difficulty sleeping
- Becoming easily upset
- Paranoia (the belief that people are out to get you)
- Poor concentration
- Hallucinations (seeing things that are not here)

Withdrawal symptoms peak between 2 and 10 days after stopping use and begin to settle 1 to 3 months later.
WHAT TO DO? Overheating and Dehydration

What is overheating and dehydration?
It is when the body gets too hot and doesn’t have enough water.

There is a risk of overheating and dehydration in hot sweaty overcrowded clubs or parties where people dance for hours and do not keep their fluids up. This problem can be made even worse if a person takes ecstasy or alcohol, as both these drugs can also dehydrate the body. This risk increases even further when people mix drugs which have the effect of dehydrating the body such as ecstasy, alcohol and speed.

The warning signs of overheating and dehydration:
- Feeling very hot, unwell and confused
- Inability to talk properly
- Headache
- Vomiting
- Inability to wee or wee becoming thick and dark
- Not sweating even when dancing
- Heart rate and pulse not slowing down even during resting
- Fainting, collapsing or convulsing

What you should do if a person reports these symptoms:
- Advise them to stop dancing
- Stay with them or get a friend to stay with them
- Get the person some cold water and get them to sip it slowly
- Take them to have a rest in the chill out or a quiet cool area
- Fan them or get their friend to do it
- If their symptoms persist they need to seek first aid immediately or be taken to the closest hospital
What to do!

Tense and Panicky

If a person gets tense and panicky:

- Calm them and be reassuring (tell them it will be OK)
- Explain that the feeling will pass
- Steer them clear of crowds, noisy music and bright lights
- If they are over breathing (hyperventilating) encourage them to relax and take long, slow deep breaths
Possible Overdose

A drug overdose occurs when too much a drug is taken and has a toxic / poisonous effect on the body.

The warning signs of an overdose:
- The person is unconscious and can't be awakened by pinching, prodding or shouting.
- The person is drowsy and confused
- The skin is cold, clammy, pale and bluish or purplish in colour, indicating the person is not getting enough oxygen
- The person is vomiting without waking up
- The person is breathing slowly; if there is more than 10 seconds between each breath, or
- The breathing is rapid and shallow
- The person is fitting (or having a seizure)

The person only needs to display one of these symptoms for it to be treated as a medical emergency.

What you should do if you see these symptoms:
If a person shows any one of these symptoms it needs to be treated as a medical emergency - you need to call an ambulance immediately on '000'.

Will the police be called if you call an ambulance?
Ambulance officers do not have to call the police for drug related emergencies unless they think the person has been drugged by someone (against their will), is being violent, or dies.

What can a person do while waiting for the ambulance to arrive?
Follow the instructions step by step on the DRABCD - Basic Life Support Flow Chart.
WHAT TO DO? Recovery Position

To put a person in the recovery position you take the following steps:

1. Kneel beside the person.
2. Straighten their arms and legs.
3. Fold the arm closest to you over their chest.
4. Place the other arm at right angles to their body.
5. Get the leg closest to you and bend the knee.
6. While supporting the person's head and neck, gently take the bent knee closest to you and very gently roll the person away from you. Adjust the upper leg, so the hip and knee are bent at right angles. Basically check the person is steady and cannot roll.
7. Tilt the head back and make sure the airways are clear and open.
Check for danger
First make sure that your safety is not at risk. If your safety is assured and the person is in danger move the person out of the dangerous situation.

Check for a reaction (unresponsiveness / unconsciousness)
This can be done by a simple statement "open your eyes, squeeze my hand, let it go". If you receive no response, call for help – emergency number ‘000’. If you call ‘000’ the ambulance call taker will tell you what to do and will provide medical instructions until ambulance officers arrive.

Nb. If you are on your own with the person, first place them in the recovery position and then call ‘000’.

Open the airways and look for signs of life
→ If the airway is not clear (e.g., from vomit or blood) place in the recovery position and open and clear the airway
→ If clear, leave on back then tilt the head backwards and lift the chin (This is for adults and is not advised for infants where the head should be left in a neutral position)

Check for breathing
For those who are not breathing, the next step is to place the person on their back and give two initial breaths, ensuring that the chest rises with each breath.
→ If they start breathing, place them in the recovery position and monitor until ambulance arrives
→ If they are still not breathing, commence CPR until the ambulance arrives

CPR
Give 30 chest compressions (almost 2 compressions / second) followed by two breaths. The positioning of the hands should be on the lower half of the breast bone (i.e., centre of the chest)

Adult / child: Compressions use two hands with fingers interlocked.
Infant: Compressions – use two fingers.

Stop CPR if casualty shows signs of life, ambulance arrives or you are physically unable to continue.
Continue CPR until:
→ Signs of life return
→ Qualified help arrives
→ It is impossible to continue (e.g., exhaustion)
→ An authorised person says the person has died

Attach an automated external defibrillator if available and follow the prompts
WHERE TO GET HELP

Phone

In an emergency, telephone 000

Help, treatment, counselling, information and referral:

Kids Helpline (free call) is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.
☎ 1800 551 800

Lifeline is an anonymous and confidential crisis telephone counselling, support and information referral service, which is available 24 hours a day, 7 days per week.
☎ 131114

Direct Line (24 hours, 7 days) - confidential drug and alcohol telephone counselling, information and referral.
☎ 1800 888 236

Youth Substance Abuse Service (24 hours, 12 - 21 years of age) - for information, counselling and referral to youth specific alcohol and other drug services.
☎ 1800 014 446

Family drug help - this support service is staffed by trained volunteers and professional counsellors.
☎ 1300 660 068

Ted Noffs Foundation - if you are having problems with drugs / alcohol and feel you need help you can give them a call. Any contact you make will remain confidential.
☎ 02 9305 6600

Alcohol and Drug information Service - a confidential, anonymous information, advice and referral service on drugs.
Sydney area ☎ (02) 9361 8000
Outside Sydney ☎ 1800 422 599
**Youth Support Drug Website** provides young people with information on a range of issues including drugs and alcohol, mental and sexual health. The site provides information and support, plus the opportunity to ask questions via email, text or telephone.

[www.yds.org.au](http://www.yds.org.au)

**DrugInfo** has factual information about different drugs and their effects, as well as info about drugs and the law and treatment services.


**Drug Information Clearinghouse** offers a range of services, including many free information products, a special library, a telephone and email information service, a website, and email alert services for people interested in drug prevention.

[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

**Reach out** provides young people with the information, help, support, advice and connections they need to manage drug and mental health difficulties.


**NSW government youth information website**


**Kid’s helpline** is a free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25.

22. Shazza and BRRR work at a bar together. After their shift one night before they went out drinking pretty heavily. They both had to be at work really early the next morning so BRRR, Larry's Shazza's brother got up early and went to take them up and boil their coffee through their wearing shirt.

23. Paul's little sister, Kelly, takes Kaila for her AEP.

24. She takes it and they both end up with some trouble.

25. A pill that a friend gave her not knowing that it was a slab of MDMA.

26. They end up taking MDMA at a party. Staying up all night. They try to do the same the next night.

27. They wake up with a headache. They go out to buy some more.

28. They go to the pawn shop and the drug dealer tries to sell them more.

29. If he and his friends broke into his neighbour's house as he knew they were out of town.

30. They called the police cabinet. He then tells all the police their plans.

31. Snowy has been on a Bender all week after breaking up with his girlfriend.

32. He must try to get his job back and is waiting in line on Monday morning.

33. And the drug dealer has been hospitalized and his boss fires him.
There are new national guidelines for alcohol consumption that have been developed by the National Health and Medical Research Council to help you reduce the risk of harm from alcohol to both you and your baby.

The guidelines are based on the best available scientific research and evidence.

Consuming alcohol during pregnancy may increase the risk of harm to your baby.

**WHAT DO THE GUIDELINES RECOMMEND?**

- For women who are pregnant or planning a pregnancy, the safest option is not to drink alcohol.

**IF YOU FIND IT DIFFICULT TO DECREASE OR STOP DRINKING ALCOHOL DURING PREGNANCY, TALK TO:**

- your doctor or midwife
- your local community health service
- an alcohol or other drug helpline in your State/Territory

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au

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*Australian Government*

*Department of Health and Ageing*
You need to count your drinks even if you’re not driving. Most young people don’t drink on a daily basis, yet often drink heavily once or twice a week which can damage your health. It is possible to drink at a level which is less risky, while still having fun. There are a number of things you can do to make sure you stay within low-risk levels and don’t get to a stage where you are no longer capable of controlling your drinking. How much you drink is your choice. Here’s some tips to help you make informed choices and help keep your risk of alcohol-related accidents, injuries, diseases and death, low – both in the short and long term.

- Set limits for yourself and stick to them
- Start with non-alcoholic drinks and alternate with alcoholic drinks
- Drink slowly
- Keep an eye on your drink. Don’t leave your drink unattended
- Try drinks with a lower alcohol content
- Eat before or while you are drinking
- If you participate in rounds of drinks try to include some non-alcoholic drinks
- Plan safe transport home

The advice in this brochure does not replace advice from your health care provider.

For more information about the new Australian Guidelines to Reduce Health Risks from Drinking Alcohol go to www.alcohol.gov.au

A standard drink contains 10 grams of pure alcohol, but the drinks you buy often contain more than one standard drink. There are no common glass sizes used in Australia.

The label on an alcoholic drink container tells you the number of standard drinks in the container.
You can Quit
POCKET GUIDE

This pocket guide is to: remind you about the reasons why you are quitting, encourage you, inform you about cravings and other withdrawal symptoms and remind you about calling the Quitline 131 848

Quitting is a good idea

Smoking cigarettes can lead to many health problems and early death. Smoking causes heart disease, cancers, stroke and respiratory illness, reduces fitness and can aggravate asthma and allergies.

Besides your health, there are plenty of other reasons to stop smoking ...

- Concern for the health of your children/other close to you
- Trying to have a baby or you or your partner are pregnant
- Other reasons you have:

Now is a good time to quit

Quitting at any age brings major and immediate benefits to your health. Your body begins cleaning itself within hours of your last cigarette and you will soon look better and have more energy, because your blood oxygen levels are higher.

A year after quitting, your risk of dying from heart disease has halved. In 10 years, your risk of lung cancer is more than halved and continues to decline over time.

It's important that you want to quit ... and feel confident you can succeed.

The following tips may help:

- As soon as you quit, call yourself a non-smoker.
- Get rid of your ashtrays, lighters and anything else that reminds you of smoking.
- Think about when and why you have smoked, and plan ahead for difficult situations.

Beating cravings

When you stop smoking, your body's cravings for nicotine will be strongest the first two days after quitting, then decrease over the next two weeks. If you get through the first two weeks you have a good chance of quitting for good.

Medications to help control cravings are:

- Nicotine replacement therapies (gum, patches or inhaler). These can be bought from a chemist, who can explain how to use them.
- Bupropion is a non-nicotine medication (tablet) that needs to be prescribed by your doctor.
- Even the worst cravings will last only a few minutes - if you can resist them for this period, they will pass.

Other symptoms of withdrawal

Most smokers will suffer from some withdrawal symptoms. These can include restlessness, mood changes, trouble concentrating, irritability or anger, anxiety, dizziness or headaches, tingling sensations, muscle aches and sweating, digestive upsets and coughing.

Some of these occur because your body is adapting to the absence of nicotine; some are signs that your body is cleaning itself, eg, coughing helps clear the lungs of tar and mucus.

Things to remember

- Research shows that drinking alcohol within the first two weeks of quitting may reduce your chances of success.
- Try to cut down on coffee and cola for a few weeks after quitting as, without nicotine, your body absorbs twice as much caffeine, which can make you feel anxious.
- Successful quitting usually takes a number of attempts.
- A slip-up does not mean that you have failed. Don't be hard on yourself - work out how you will manage that situation differently next time. Practice saying "No thanks, I don't smoke" and remind yourself of your reasons for quitting.

Quitline is a confidential telephone service providing information, support and advice for quitting.

You can call Quitline 131 848 for the cost of a local call from anywhere in Australia.
Any thoughts?