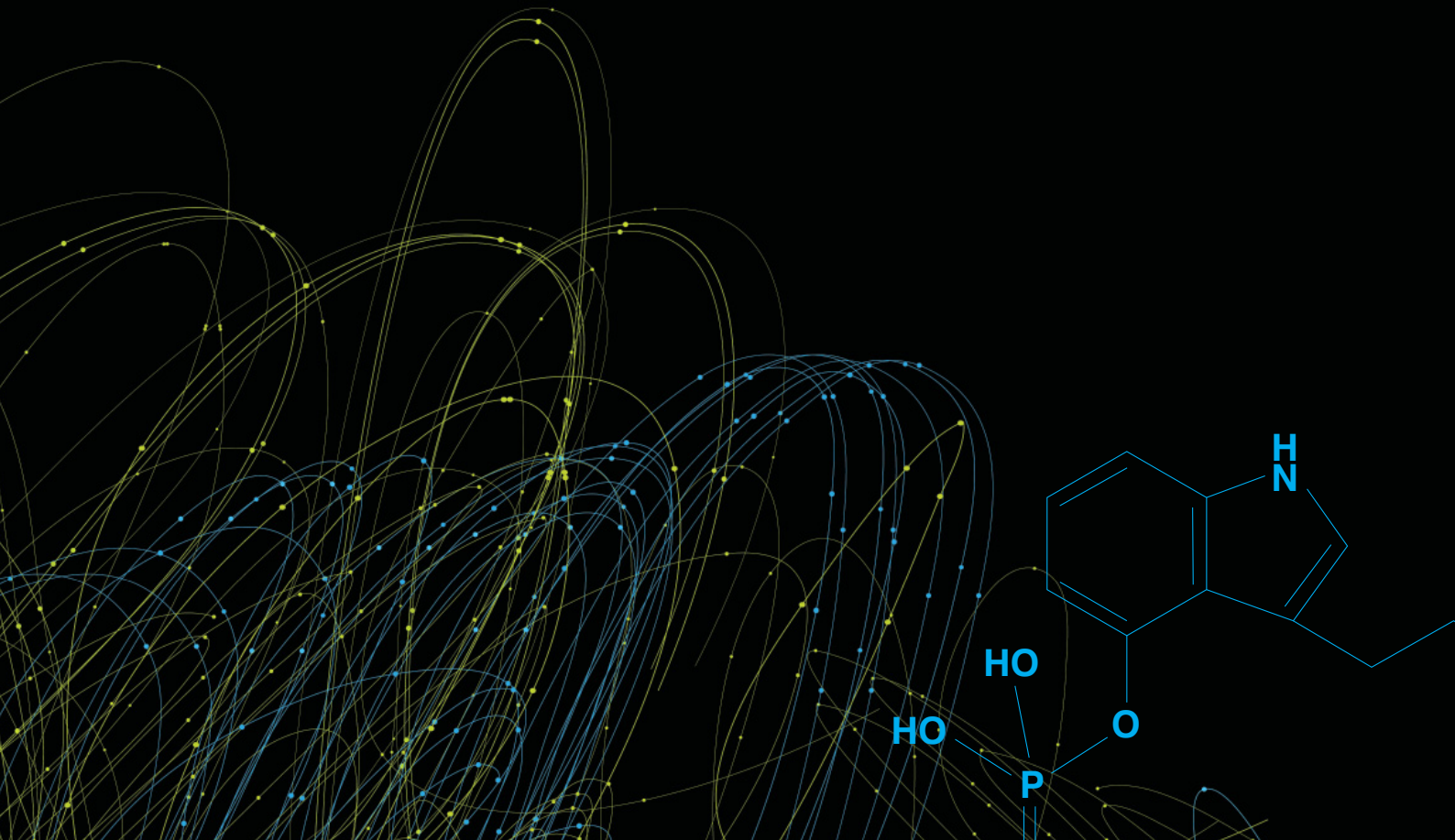
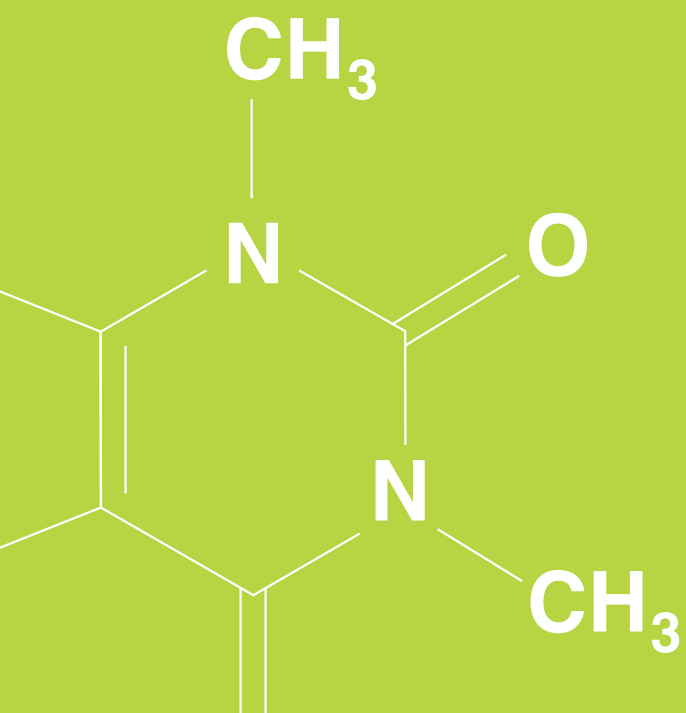


# FACTS ABOUT DRUGS





## WHAT IS A DRUG?

A drug is any substance (with the exception of food and water) which, when taken into the body, alters the body's function either physically and/or psychologically. Drugs may be legal (e.g. alcohol, caffeine and tobacco) or illegal (e.g. cannabis, ecstasy, cocaine and heroin).

## WHAT IS A PSYCHOACTIVE DRUG?

Psychoactive drugs affect the central nervous system and alter a person's mood, thinking and behaviour. Psychoactive drugs may be divided into four categories:

**Depressants:** Drugs that decrease alertness by slowing down the activity of the central nervous system (e.g. heroin, alcohol and analgesics).

**Stimulants:** Drugs that increase the body's state of arousal by increasing the activity of the brain (e.g. caffeine, nicotine and amphetamines).

**Hallucinogens:** Drugs that alter perception and can cause hallucinations, such as seeing or hearing something that is not there (e.g. LSD and magic mushrooms).

**Other:** Some drugs may have properties of more than one of the above categories (e.g. cannabis is primarily a depressant and can have hallucinogenic and some stimulant properties).

## WHY DO PEOPLE USE DRUGS?

People use drugs for a variety of reasons. Young people often use drugs for the same reasons that adults do. Some of these include:

- to have fun
- to relax and forget problems
- to gain confidence
- to socialise
- out of curiosity
- as a form of escapism
- to lessen inhibitions
- to remove personal responsibility for decisions
- to celebrate or commiserate
- to relieve boredom and stress
- self-medication to cope with problems.

Friends, parents, older brothers and sisters and the media can also influence a young person's decision to use drugs.

## POLYDRUG USE

Polydrug use occurs when two or more drugs are used at, or near, the same time. Mixing drugs can also occur when a manufacturer combines different drugs to achieve a specific effect, or mixes in cheaper chemicals. This can result in a person combining drugs unintentionally.

The risk of harm is increased if more than one drug is used at a time, especially when drugs of unknown content and purity are combined. This includes mixing alcohol, over-the-counter drugs, prescription drugs and illegal drugs.

Polydrug use increases the risk of the following symptoms and effects:

- increased heart rate
- increased blood pressure
- increased body temperature
- overdose
- severe emotional and mental disturbances such as panic attacks and paranoia.

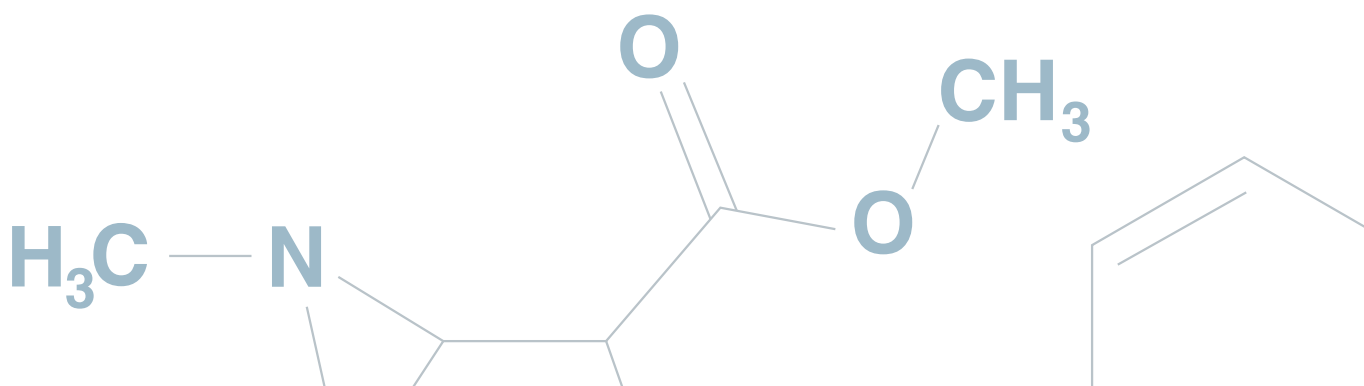
## EFFECTS OF DRUGS

The experience that a person has when using alcohol or other drugs will vary from person to person depending on the following:

**Individual (user)** - Mood, physical size, health, gender, previous experience with hallucinogens, expectations of the drug, personality, whether the person has had food and whether other drugs have been taken.

**Drug** - The amount used, its purity, and the way it is taken.

**Setting (environment)** - Whether the person is using with friends, on his/her own, in a social setting or at home, at work or before driving.



# DRUG INFORMATION

<p><b>Drug:</b> Amphetamines</p> <p>Speed, whizz, ice, uppers</p> <p><b>Includes:</b></p> <ul style="list-style-type: none"> <li>◊ amphetamine sulphate</li> <li>◊ dexamphetamine</li> <li>◊ methamphetamine - crystal, meth, or rock</li> </ul> <p><b>Description:</b></p> <ul style="list-style-type: none"> <li>◊ Stimulant drugs increase the activity of certain chemicals in the brain</li> <li>◊ Dexamphetamine is used to treat attention deficit hyperactivity disorder (ADHD), it is swallowed in tablet form or injected</li> <li>◊ Amphetamines can be swallowed, injected, smoked or inhaled (snorted)</li> </ul>	SHORT-TERM EFFECTS	LONG-TERM EFFECTS	OVERDOSE CAN CAUSE
	Hyperactivity	Malnutrition	◊ Strokes
	Increased blood pressure, breathing and pulse-rates	Reduced resistance to infection	◊ Heart failure
	Anxiety, irritability, suspiciousness, panic attacks and behaving in a threatening manner	Violent behaviour	◊ Seizures
	Increased energy, alertness, confidence and talkativeness	Emotional disturbances	◊ Death
	Reduced appetite, inability to sleep and enlarged pupils	Periods of psychosis	
		Tolerance	

<p><b>Drug:</b> Cannabis</p> <p>Mull, pot, weed, leaf, gunga, marijuana</p> <p><b>Description:</b></p> <ul style="list-style-type: none"> <li>◊ Primarily a depressant, can have hallucinogenic and some stimulant properties</li> <li>◊ Cannabis is a dried greenish-brown leaf or flowers</li> <li>◊ Hashish is a brown to black resin</li> <li>◊ Hashish oil is a reddish brown oil</li> <li>◊ Cannabis can be smoked, or cooked and eaten</li> </ul>	SHORT-TERM EFFECTS	LONG-TERM EFFECTS	OVERDOSE CAN CAUSE
	Loss of concentration	Bronchitis	<ul style="list-style-type: none"> <li>◊ There have been no confirmed deaths directly from cannabis overdose</li> <li>◊ Over a long period of time regular use of cannabis can lead to a number of serious negative health consequences</li> <li>◊ Combining other drugs, such as alcohol, with cannabis can be very dangerous, particularly if driving or operating machinery</li> </ul>
	Impaired balance	Lung cancer	
	Slower reflexes	Dependence	
	Increased appetite	Interference with sexual drive and hormone production	
	Increased heart-rate	Change in motivation	
	Feeling of well-being	Decreased concentration	
	Loss of inhibitions	Decreased memory and learning abilities	
Confusion	Schizophrenia and manic depression (bipolar disorder) in those who have a vulnerability to the condition		

**Drug: Cocaine**

Coke, freebase, crack, charlie, C, rock

**Description:**

- Cocaine is a stimulant drug which affects the central nervous system by increasing the activity of certain chemicals in the brain, producing a feeling of increased alertness and reduced fatigue
- Cocaine is usually snorted or swallowed, but can be injected or smoked in the form of crack or freebase
- Smoking crack or freebase is uncommon in Australia

**SHORT-TERM EFFECTS**

**LONG-TERM EFFECTS**

**OVERDOSE CAN CAUSE**

Increased breathing and pulse-rates

Tolerance and dependence

○ Increased heart-rate

Increased blood pressure

Aggressive or violent behaviour

○ Seizures

High body temperature

Loss of appetite, weight loss and malnutrition

○ Hyperventilation

Increased alertness

Irritability or emotional disturbances

○ Heart failure

Reduced appetite

Restlessness

○ Respiratory failure

Feeling of well-being

Paranoia

○ Burst blood vessels in the brain

Enlarged pupils

Periods of psychosis

○ Death

Anxiety, irritability and suspiciousness

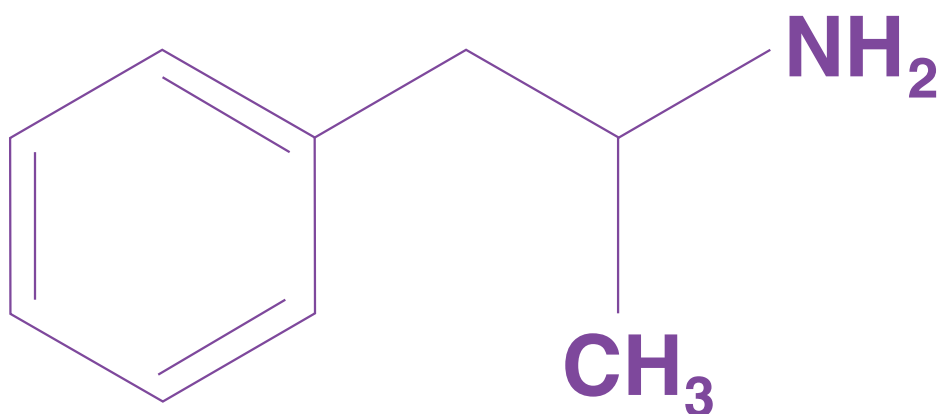
Auditory hallucinations

Exaggerated feelings of confidence and energy

Convulsions

Inability to sleep

Reduced resistance to infection



**Drug: Ecstasy**

Es, XTC, eccies, pills, bickies

**Description:**

- Ecstasy is a derivative of amphetamine and has both stimulant and hallucinogenic properties
- Tablets or capsules are usually swallowed, they are not intended to be injected and can cause major damage to the body's organs
- Effects can begin within 30 minutes and last up to six hours

**SHORT-TERM EFFECTS**

Overheating and dehydration, which can cause muscle meltdown

Excessive water consumption can result in a breakdown of cell structure, which can cause cells to swell, burst and die

Feeling of well-being and exaggerated confidence

Anxiety

Jaw clenching and teeth grinding

Poor concentration

Insomnia

Increased pulse-rate and blood pressure

Sweating and hot and cold flushes

Nausea

**LONG-TERM EFFECTS**

Depression

Drowsiness

Muscle aches

Loss of appetite

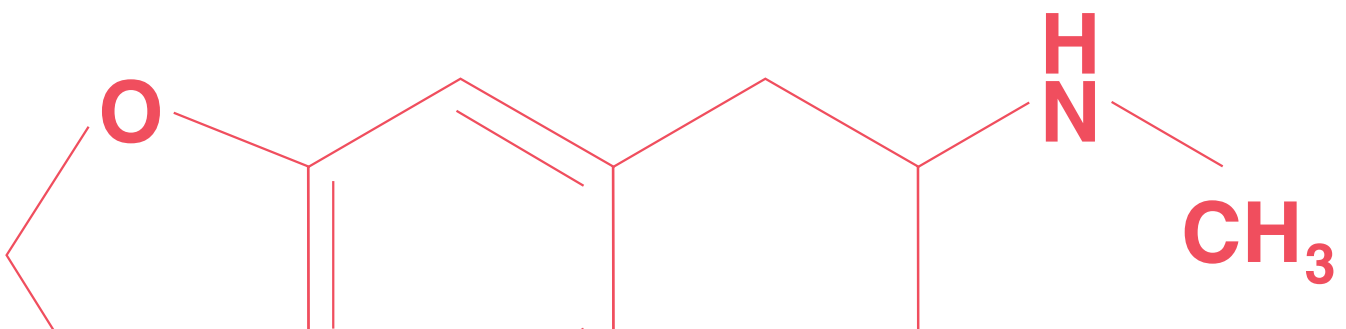
Insomnia

Loss of concentration

Irritability

**OVERDOSE CAN CAUSE**

- Overdose usually results from the body overheating and becoming dehydrated, which can cause muscle meltdown and possible death from failure of major organs such as liver or kidneys
- Overdose may also occur from excessive water consumption and retention, leading the body's cells to swell which can result in brain damage and death
- The risk of overdose increases with a larger dose



## Drug: Hallucinogens

LSD, acid, trips, mushies, tabs

### Description:

- Hallucinogens describe a class of drugs that produce hallucinations
- A hallucination is an illusion of seeing or hearing something that is not actually there
- They can be produced synthetically or naturally
- The most commonly known hallucinogen is synthetic lysergic acid diethylamide (LSD), natural hallucinogenic chemicals are found in plants such as the peyote cactus (mescaline) and some mushrooms (psilocybin)
- LSD is usually swallowed, effects start within 30 to 60 minutes, peak in three to five hours and last from nine to 24 hours
- Mescaline can be chewed or boiled into a liquid and drunk, effects last from four to six hours
- Mushrooms can be eaten raw, cooked or made into a drink, effects last from four to six hours

### SHORT-TERM EFFECTS

Dilation of pupils

Increase in heart-rate and blood pressure

Increase in body temperature and sweating

Seeing things in a distorted way or seeing things that do not exist

Dizziness

Drowsiness

Nausea

Intense sensory experiences - bright colours, sharper sounds

Impaired coordination and tremors

Distorted sense of time - minutes can seem like hours

Varying emotions

Distorted sense of space and body

Tension and anxiety leading to panic attacks

### LONG-TERM EFFECTS

Flashbacks – a spontaneous and unpredictable recurrence of prior drug experience (tripping) without taking the drug. Flashbacks may occur days, weeks or years after the drug was last taken. They can be triggered by the use of other drugs, stress, fatigue, physical exercise, or for no apparent reason

Increased risk of developing severe mental disturbances in those who have a predisposition to the condition

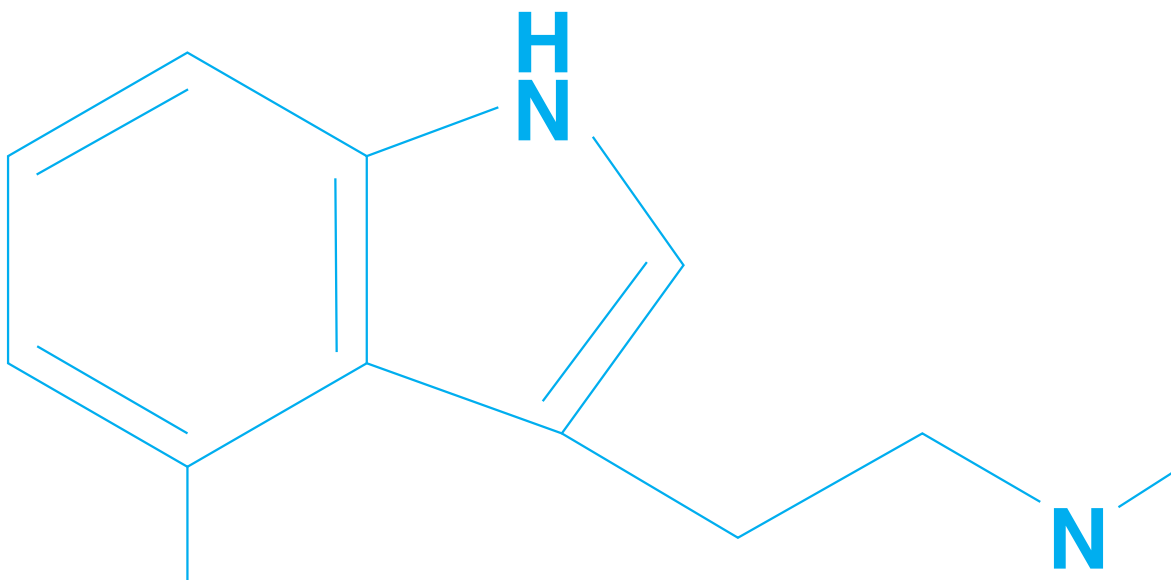
Impaired memory and concentration

Tolerance

Psychological dependence

### OVERDOSE CAN CAUSE

- While there are no reported cases of fatal overdoses directly from hallucinogens there are still significant risks associated with the use of these drugs
- When consuming hallucinogens, such as LSD, a person's perception is affected, which can lead to people placing themselves in risky situations
- It is very dangerous to pick and eat wild mushrooms
- It is often difficult to distinguish between magic mushrooms and poisonous look-alikes
- Some poisonous mushrooms can cause permanent liver damage or death within hours of being consumed



**Drug: Heroin**

Hammer, H, smack, horse, white, beige, brown

**Description:**

- ◊ Heroin is a depressant
- ◊ It sedates the body's central nervous system reducing the activity of certain chemicals in the brain
- ◊ Slows down the body, including breathing and heart rate
- ◊ Heroin is usually injected, but can be snorted, swallowed and smoked

**SHORT-TERM EFFECTS**

- Low doses:**
- Shallow breathing
  - Nausea and vomiting
  - Constipation
  - Sleepiness
  - Loss of balance and coordination
  - Loss of concentration
  - Feeling of well-being
  - Relief from pain

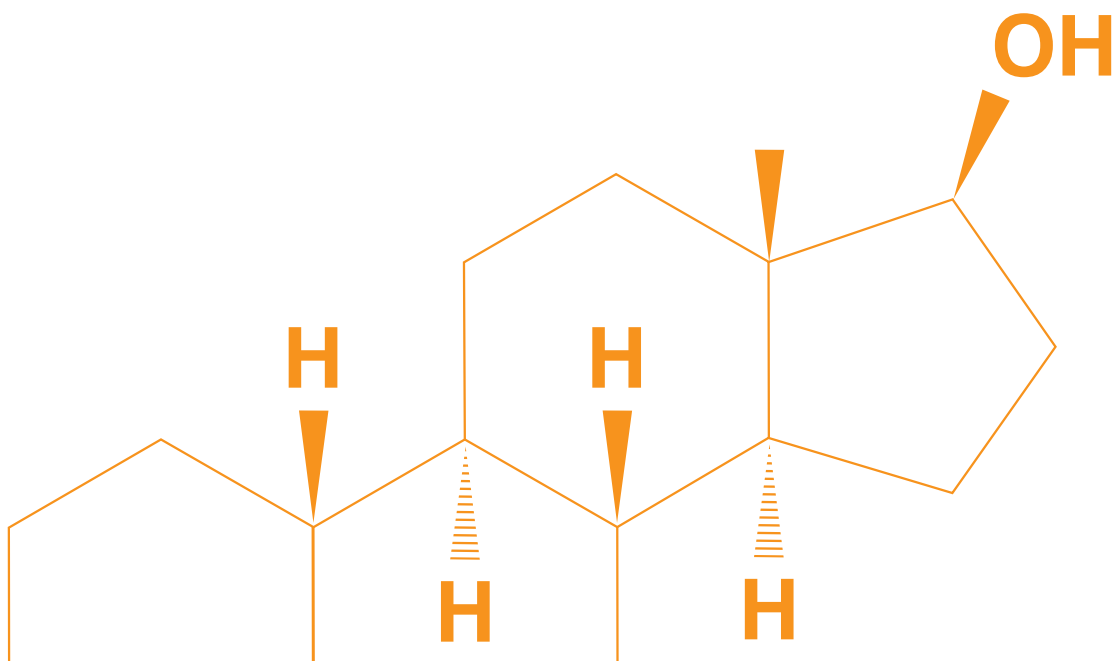
- High doses:**
- Slow breathing
  - Pupils narrow to pin points
  - Skin cold to touch
  - Coma and death

**LONG-TERM EFFECTS**

- Dependence
- Loss of appetite
- Chronic constipation
- Heart, chest and bronchial problems
- Irregular periods and increased susceptibility to infertility in females
- Impotence in males

**OVERDOSE CAN CAUSE**

- ◊ Overdose from heroin occurs as a result of the depressant properties of the drug
- ◊ Heroin can slow a person's heart and breathing rates
- ◊ This can lead to heart and respiratory failure and in turn to coma and death
- ◊ The risk of heroin overdose generally increases with a larger dose
- ◊ As the strength and content of street heroin is unknown it can be difficult to judge the dose, increasing the risk of overdose
- ◊ When heroin is used with other drugs, in particular with alcohol and/or benzodiazepines, the risk of overdose increases





**Drug: Caffeine**

**Description:**

- Caffeine is a stimulant drug
- Stimulants increase the activity of certain chemicals in the brain, producing a feeling of increased alertness and reduced fatigue
- In its purest form, caffeine consists of bitter-tasting crystals. It is found in many common substances like coffee, tea, cocoa, chocolate, cola-flavoured soft drinks, energy drinks and some medical preparations

**SHORT-TERM EFFECTS**

**Low doses (one or two average cups of coffee per day) can produce mild effects including:**

- Increased alertness and energy
- Alterations to mood
- Increased metabolism
- Elevated blood pressure
- Increased body temperature
- Increased urination
- Increased gastric acid secretion
- Delayed onset of sleep and shortened sleep time
- Decreased depth of sleep and decreased amount of dream sleep

**Large doses (more than eight average cups of coffee per day) can produce effects including:**

- Headache
- Hand tremors
- Impaired coordination
- Nervousness
- Diarrhoea
- Delirium
- High urinary acid levels
- Restlessness
- Increased urination
- Flushed face
- Insomnia
- Stomach upsets
- Muscle twitching

**LONG-TERM EFFECTS**

**Large doses (more than eight average cups of coffee per day) can produce effects including:**

- Chronic insomnia
- Depression
- Stomach upset
- Persistent anxiety
- Heart palpitations

**Drug: Steroids**

Anabolic steroids, roids, gear, juice

**Description:**

- Steroids can be prescribed by a doctor to treat some conditions
- Athletes, body builders and some young people may use anabolic steroids (illegally) to improve their body size or athletic performance
- Anabolic androgenic steroids have two types of effects
- Anabolic effects include increased muscle growth
- The androgenic effects increase the body's male characteristics
- In this table the word steroid refers to anabolic and androgenic steroids

**HEALTH EFFECTS – MALE**

- Shrinking testicles
- Impotence
- Testicular cysts
- Pain when urinating
- Development of breasts
- Decreased testosterone production
- Stunted growth and physical development, particularly in young men who have not finished growing (18-20 year olds)
- Increased testosterone levels

While the side effects of steroid use is usually reversible in men, this is not the case for women for whom the side effects are more likely to be permanent

**HEALTH EFFECTS – FEMALE**

- Growth of facial hair
- Changes or ceasing in the menstrual cycle
- Enlargement of the clitoris
- Deepened voice
- Decreased breast size
- Hair growth on the back and bottom
- Infertility
- Using steroids during pregnancy can cause a female foetus to develop male characteristics

**HEALTH EFFECTS – MALE AND FEMALES**

- Acne
- Bloating
- High blood pressure
- Liver damage and cancer
- Increased risk of injury
- Increased cholesterol level
- Decreased immune function
- Increased muscle size and strength
- Damage to kidneys and heart
- Insomnia
- Urinary tract infection
- Mood changes such as increased aggression and depression
- Cardiac arrest
- Psychological effects – depression, paranoia and mood changes

## DRUGS AND THE LAW

### Illegal drugs except cannabis

In Western Australia, under the *Misuse of Drugs Act 1981*, it is illegal to use, possess, manufacture or supply drugs such as amphetamines, cocaine, ecstasy, hallucinogens and heroin. Offences under this Act carry heavy fines and/or prison sentences. Penalties range from a \$2,000 fine and/or two years in prison to a \$100,000 fine and/or imprisonment for 25 years. A person convicted of a drug offence will receive a criminal record, which can lead to difficulties in getting a job, health insurance, credit and/or visas for overseas travel.

### Cannabis

As cannabis is harmful, it is against the law for people in Western Australia to cultivate, possess, use, sell or supply cannabis, or to possess pipes and other smoking implements containing detectable traces of cannabis.

The possession of small amounts of cannabis is still an offence. People apprehended with small amounts of cannabis may be issued a Cannabis Intervention Requirement (CIR). Under the CIR scheme, police may issue a CIR notice to eligible people found in possession or use of small amounts of cannabis, and/or possession of a smoking implement containing traces of cannabis.

It is against the law to sell 'cannabis smoking paraphernalia' (e.g. bongs) or to display them for sale in a shop or retail outlet. Selling cannabis smoking paraphernalia to a child under the age of 18 years attracts a higher penalty than selling to an adult.

## THE CANNABIS INTERVENTION REQUIREMENT (CIR) SCHEME

A person is eligible for a CIR if they are aged 14 years or over, and are found using, or in possession of not more than 10 grams of cannabis, and/or found in possession of a smoking implement containing detectable traces of cannabis.

An adult can only receive one CIR while a young person (aged 14 to 17 years) can be given a CIR on two separate occasions. An adult who previously received a CIR, and commits a second or subsequent cannabis-related offence, will be prosecuted through the courts. A young person who commits a third or subsequent cannabis-related offence may be referred to a Juvenile Justice Team, where appropriate under the *Young Offender's Act 1994*, rather than being charged.

If a person has previously been convicted of a cannabis-related offence and was an adult at the time of conviction, he or she would be ineligible to receive a CIR. Previous convictions for serious drug offences and offences of a violent and/or sexual nature may also preclude a person from being given a CIR.

A person who has been given a CIR will be required to book and complete a Cannabis Intervention Session (CIS) within 28 days, or elect to have the matter heard in court. If the person books and completes a CIS they will not be required to appear in court. No further action will be taken against them for the alleged offence and they will not receive a criminal conviction. If they are unable to complete a CIS within the 28-day period, they may apply in writing to police for an extension.

A person found in possession of a small amount of cannabis may still be charged with the more serious offence of possession of cannabis with intent to sell or supply, if police believe this to be the case.

The CIR scheme does not apply to offences involving the possession or cultivation of cannabis plants, or possession of any quantities of cannabis resin (hash), hash oil, or other cannabis derivatives. These offences will be prosecuted through the courts.

If you would like more information about access to support services in Western Australia, go to the **more information** section at the end of this booklet.

## Steroids

In Western Australia it is illegal to possess, use, manufacture, supply, import or trade steroids without a prescription or licence. Penalties range from a \$2,000 fine and/or two years in prison to a \$100,000 fine and/or imprisonment for 25 years.

Frequent testing of athletes both in and out of competition increases the chance of athletes getting caught and being banned from competition, sometimes for life.

## Caffeine

Under the Australian Food Standards Code, the following regulations apply to caffeine and energy drinks in Australia:

- the caffeine content of cola drinks, flavoured cordials and flavoured syrups must not exceed 15mg/100mL serve and energy drinks must not contain more than 32mg per 100mL.
- energy drinks and caffeinated beverages must carry clear warnings on the label stating that the product:
  - contains caffeine
  - is not recommended for children, pregnant or lactating women
  - is not recommended for caffeine sensitive individuals

*(Note: This regulation does not apply to foods containing caffeine).*

## DRUGS AND DRIVING

Effects of drugs on driving ability include the following:

STIMULANTS	DEPRESSANTS	HALLUCINOGENS
Gives the driver a false confidence	Slows the driver's reaction time	Distorts the driver's visual perceptions
Increases risk-taking behaviour	Distorts the driver's perceptions	Causes the driver difficulty in judging distances
Does not necessarily increase driving ability or the driver's coordination	Decreases ability to coordinate the appropriate actions when driving	Decreases ability to coordinate the appropriate reaction when driving
Can increase the risk of having a crash	Can increase the risk of having a crash	Can increase the risk of having a crash

In Western Australia, it is against the law for anyone to drive with the presence of an illicit drug prescribed within the *Road Traffic Act 1974*, or impaired by a drug. The *Road Traffic Act 1974 Section 63* states that 'a person who drives or attempts to drive a motor vehicle while under the influence of alcohol, drugs, or alcohol and drugs to such an extent as to be incapable of having proper control of the vehicle commits an offence, and the offender may be arrested without warrant'. Breaking this law carries penalties including disqualification from driving, fines and/or imprisonment.

Penalties under the *Road Traffic Act 1974*:

**Offence:** Driving with the presence of an illicit drug prescribed within the *Road Traffic Act 1974*.

**Offence:** Failure to comply with requirements for samples of oral fluid or blood for drug testing.

OFFENCE	MINIMUM	MAXIMUM	DEMERITS/LICENCE DISQUALIFICATION
First offence	n/a	\$500	Three demerit points*
Second or subsequent offence	\$500	\$1,000	Minimum six months disqualification

\* Demerit points are doubled on long weekends and other prescribed holiday periods.

**Offence:** Driving while impaired by a drug.

**Offence:** Failure to comply with requirements for driver assessment or samples of blood or urine for drug testing.

OFFENCE	MINIMUM	MAXIMUM	LICENCE DISQUALIFICATION
First offence	\$900	\$2,500	Minimum 10 months
Second offence	\$2,100	\$3,500 or nine months imprisonment	Minimum 30 months
Subsequent offence	\$2,100	\$5,000 or 18 months imprisonment	Life

(Note: These penalties are periodically reviewed and may differ from those presented here).

## DRUGS AND TOLERANCE, DEPENDENCE AND WITHDRAWAL

With regular use, tolerance to and dependence on drugs can develop. Withdrawal symptoms may be experienced if use of the drug is reduced or stopped.

**Tolerance:** A person needs more of a drug in order to achieve the same effects they felt previously with smaller amounts.

**Dependence:** Use of the drug becomes central to a person's life, and they may experience withdrawal symptoms if they stop using the drug.

**Withdrawal:** Describes a series of symptoms that may appear when a drug on which a user is physically dependent is stopped or significantly reduced. The withdrawal symptoms vary depending on a range of factors including the drug type, and tend to be opposite to the effects produced by the drug. The body is always trying to maintain a state of balance. When the body has become accustomed to the drug for normal function and use is ceased, the body will try to counterbalance for the change, producing withdrawal symptoms.

## DRUGS AND RELATIONSHIP PROBLEMS

Drug use can lead to social and emotional problems and can affect relationships with family and friends. Drugs affect people in different ways. Some people may become depressed, angry, aggressive, sleepy, unmotivated, paranoid, anxious or talkative. These reactions will affect how they relate to other people, such as friends, parents and siblings and may have negative effects on these relationships.

## DRUGS, PREGNANCY AND BREASTFEEDING

Drugs can affect an unborn child. Psychoactive drugs cross the placenta (the barrier between the mother and the baby's blood) so a baby is exposed to the same chemicals as the mother. These chemicals can affect the growth and development of the baby and cause miscarriage, premature birth and birth defects. It is safer not to use any drugs during pregnancy unless under medical supervision.

It is recommended that women check with their doctor (or other health professional) if they are using or planning to use drugs, including prescribed and over-the-counter medicines, while pregnant or breastfeeding.

## DRUGS AND FINANCIAL PROBLEMS

The street price of illicit drugs changes depending on availability and market trends. The cost of purchasing drugs can lead to financial problems for both occasional and regular users.

## DRUGS AND TAKING CARE

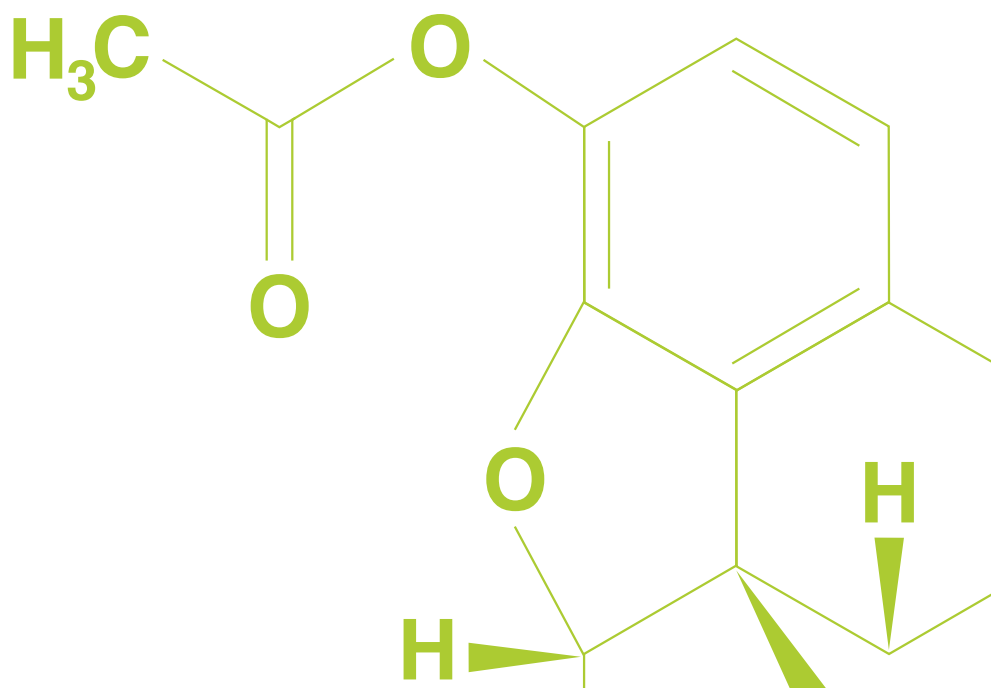
Medications should be used as prescribed by a doctor and only by the person for whom they are prescribed.

It is safer not to use illegal drugs. For those who choose to use illegal drugs, the following should be remembered:

- users should not be left alone while under the effects of illegal drugs.
- if you suspect a drug overdose or a bad reaction to a drug, and the person is unconscious, check for a response. If there is no response, place the person on their side and call 000 immediately. Ask for an ambulance, be sure to describe what drug the person has taken if known. Ensure their airway is clear and check for breathing. If breathing normally leave them on their side. If the person is not breathing normally commence CPR immediately (30 compressions: two breaths) until an ambulance arrives.

Police are not required to attend unless a death has occurred or the ambulance officers are threatened.

**REMEMBER: Ambulance officers are there to help you, not to call the police. Don't delay, you could save a life.**



- it is safer not to inject drugs. If someone does inject, they should always use clean equipment (syringe, swab, tourniquet, spoon, glass, filter and sterile water) and should not share injecting equipment. Fitpacks, which contain clean syringes are available from:
  - most pharmacies
  - some regional hospitals, health centres and nursing posts
  - needle and syringe exchange sites. For information on opening times and locations of these programs phone the Alcohol and Drug Information Service. Contact details are outlined at the back of this booklet.
- used injecting equipment should be disposed of responsibly e.g. disposing used equipment into a sharp safe container.
- don't drive or operate machinery, as these activities can be dangerous while under the influence of drugs.
- if drugs like ecstasy are being used, keep cool while dancing or doing other physical activities. Take regular breaks and wear light, absorbent clothing. Beware of hats as they trap body heat. Drink water, but regulate intake so that not too much is consumed.

## DRUGS AND TREATMENT PATHWAYS

There are a variety of treatment pathways available for people with drug-related problems. The drug(s) used and the availability of services as well as the user's health, desired outcome, support network and unique circumstances need to be taken into consideration. Deciding on the most appropriate treatment pathway is best done in consultation with an alcohol and other drug counsellor.

## MORE INFORMATION

For up-to-date information on alcohol, tobacco or other drugs, call the Alcohol and Drug Information Service or Parent Drug Information Service, or visit [drugaware.com.au](http://drugaware.com.au)

### Alcohol and Drug Information Service (ADIS)

- Free 24-hour, state-wide, confidential telephone service
- Provides access to information about alcohol and other drugs confidentially and quickly
- Talk to a professionally trained counsellor about alcohol and other drugs
- Provides information, counselling and advice for people concerned about their own or another's alcohol or other drug use
- Find out about other services

ADIS: (08) 9442 5000

Toll-free (country callers only):

1800 198 024

email: [adis@health.wa.gov.au](mailto:adis@health.wa.gov.au)

### Parent Drug Information Service (PDIS)

- Free 24-hour, confidential alcohol and other drug information and support for parents and family members
- Talk to a professionally trained counsellor about alcohol and other drugs
- Talk confidentially to another parent for strategies and support
- Find out where to go for further help

PDIS: (08) 9442 5050

Toll-free (country callers only):

1800 653 203

email: [pdis@health.wa.gov.au](mailto:pdis@health.wa.gov.au)

### Drug Aware website [drugaware.com.au](http://drugaware.com.au)

- Access detailed information about drugs, including cannabis, and links to services in Western Australia
- Find out about the latest issues
- Post questions anonymously and have them answered by professionals
- Confidentially chat online to a qualified alcohol and other drug counsellor via Live Chat
- Find links to other useful sites

### Alcohol. Think Again website [alcoholthinkagain.com.au](http://alcoholthinkagain.com.au)

- Information about what you can do to respond to alcohol-related problems affecting you or your community
- Publications that provide facts about alcohol and tips to prevent problems
- Find links to other useful sites
- A chance to have your say or ask questions

## PUBLICATIONS AND RESOURCES

For further information about the Drug and Alcohol Office's programs, publications or resources call (08) 9370 0333 or visit [dao.health.wa.gov.au](http://dao.health.wa.gov.au)

### LIVE CHAT:

[dao.health.wa.gov.au](http://dao.health.wa.gov.au)

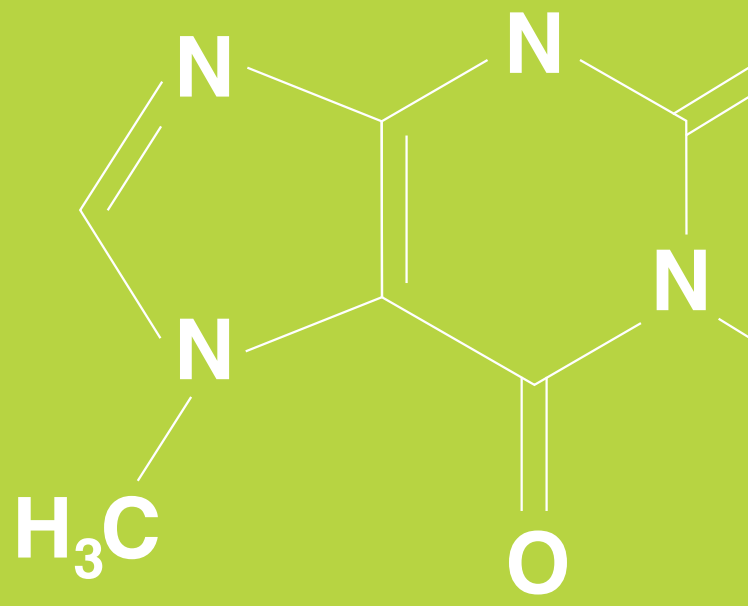
Chat online to a qualified alcohol and other drug counsellor.

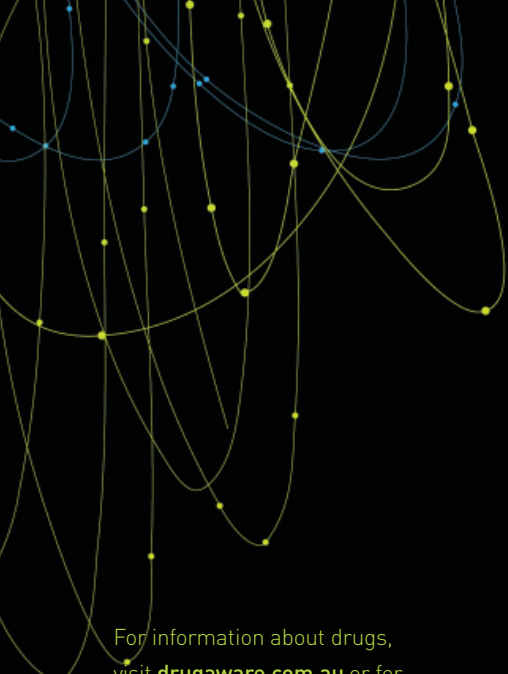
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free confidential advice and counselling,  
call the Alcohol and Drug Information Service  
(ADIS) 24-hour helpline on (08) 9442 5000 or  
Toll-free 1800 198 024 (country callers).



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