

## Fact Sheet

### Drugs

**Drug is any substance or product that when consumed changes the way your body and/or mind functions. Prescription medicine, alcohol, caffeine and nicotine are examples of legal drugs that are restricted in their availability, quality and price by legislation. Illegal drugs do not have these restrictions and henceforth can have a range of negative consequences when consumed. Drugs offer the attractive ability to alter your reality but they come with a price. We are a harm minimization organization and so this fact sheet contains not only information about drugs but how to use them safely.**

*35% of Australians aged 14 and older have used Cannabis at least once....*

### Types

#### **Stimulants**

*Increase alertness and physical activity*

- Ecstasy
- Speed
- Ice
- Methamphetamine
- Dexamphetamine
- Amphetamine
- Crystal Methamphetamine
- Cocaine

#### **Depressants**

*Slow down activity and cause relaxation of muscles*

- Cannabis
- Alcohol
- GHB
- Inhalants
- Morphine
- Heroin
- Methadone
- Codeine

#### **Hallucinogens**

*Distort a user's perception of reality*

- LSD
- Magic Mushrooms
- Ketamine



### Planning Ahead

- Know the drug and its effects on the body
- Know where the drug is coming from
- Know about any medical/health conditions you have
- Use sterile/appropriate instruments
- Use in a clean/safe environment
- Don't use alone
- Don't mix
- Have people you can call in times of crisis
- Know your tolerance and any factors that may have effected it
- Try any new drug in small doses
- Ask for help

### Effects

#### **Short-term**

- Impaired judgment
- Sensory distortion
- Overly affectionate/sexual
- Paranoia
- Sleeping habits/Appetite
- Mood swings
- Anxiety/depression
- Social behavior
- Nausea
- Memory loss
- Elevated physiological reactions

#### **Long-term**

- Dependence/addiction
- Legal issues
- Risky/harmful behavior
- Relationship issues
- Financial issues
- Mental health/illness
- Health
- Memory
- Cognitive functioning
- Insomnia
- Sexual dysfunction
- OD/Death

Zonta House Refuge Association provides support services to women who have experienced family and domestic violence, mental health issues, homelessness and other crises enabling them the opportunity to make safe and sustainable life choices. For more information or support, visit our resource page at [www.zontahouse.org.au](http://www.zontahouse.org.au)