WHERE'S YOUR HEAD AT?
These are drugs you might have heard of or even encountered. For some young people looking for a buzz, drugs can be a dangerous temptation. But there are plenty of ways to get off without taking illegal substances. ‘Cause not only is using these drugs against the law, but you can potentially do yourself heaps of damage by taking them. Physically. Socially. Financially. Mentally. Emotionally.

This booklet offers you the cold hard facts, so that you’ve got real information about the impacts of drugs. And we’d also like to introduce you to some people just like you who get a buzz out of life without harming themselves with drugs in the process.

This is the time to arm yourself with all the facts about drugs. Be smart, get informed, read on.

Marijuana (cannabis, pot, weed, mull, ganja)

Marijuana had a reputation for being a relaxing, mellow drug with few or no negative side effects. But that’s simply not the case. Marijuana can spark off a range of problems.

- Impairment of mental processes
- Reduced motivation
- Short term memory loss
- Poor coordination
- Slow reflexes
- Impaired driving ability
- Panic & paranoia

Meth/amphetamines are a group of synthetic drugs that will do a lot more than keep you awake all night. Speed and Ice, the two most common types, are serious mess you up drugs.

**ICE IS NO PARTY**

Also known as whiz, go-ee, oxblood, base, paste, pure, gas

- Anxiety & irritability
- Overheating
- Nausea & diarrhoea
- Increased heart-rate & irregular heartbeat
- Panic attacks
- Paranoia & paranoid delusions
- Aggressive and violent behaviour
- Depression
- Malnutrition
- Blood borne infections (like HIV and Hep C) through needle sharing

**YOU NEVER KNOW WHAT’S IN THEM**

Ecstasy. MDMA. E. The love drug. These are all names for ecstasy. Ecstasy is sometimes talked about as a happy and euphoric experience. But the drug has severe negative effects.

- Paranoia
- Decreased emotional control
- Lethargy & energy loss
- Nerve cell damage
- Liver & brain cell damage
- Jaw clenching & teeth grinding
- Excessive sweating

**NOT SO SPEEDY**

- Increased heart & breathing rate
- High blood pressure
- Overheating
- Paranoia
- Out of control aggression
- Premature ageing (damaged teeth, skin lesions etc)
- Ruptured blood vessels in the brain
- Memory loss
- Hallucinations
- Psychosis
- Highly addictive

**WHAT ECSTASY REALLY DOES**

- Raised body temperature
- Increased blood pressure & pulse rate
- Nausea & vomiting
- Anxiety & nervousness
- Severe depression
- Insomnia

NOTHING EUPHORIC ABOUT THAT, HEY?
WITH A HEALTHY MIND AND BODY,
From making music, shooting documentaries to racing the track and catching the perfect wave, check out the folks on the following pages who get their kicks staying clear-headed and clear of illegal drugs.

“WITH A HEALTHY MIND AND BODY,
THERE'S NO LIMIT TO WHAT YOU CAN DO”

FACTS

ALCOHOL & TOBACCO

It’s easy to forget that alcohol and tobacco are drugs too.
Even though they are legal, smoking cigarettes and drinking too much alcohol will have negative impacts on you and the people you’re with.

- Alcohol is a depressant.
- Getting drunk leads to blurred vision, dehydration, nausea, slow reflexes and putting yourself at risk of violence or sexual abuse.
- A hangover is your body showing it is suffering from the amount of alcohol you’ve had.
- You can actually die from an alcohol overdose.
- Even one cigarette does damage to your body.
- Smoking kills more than 15,500 people in Australia each year.
- Smoking is the largest cause of preventable deaths in the entire western world.
- Cigarette smoke is toxic – it contains over 4,000 chemicals including paint stripper.
- People near a smoker breathe in the poisons too.

COCAINE

Also known as coke, Charlie, gold dust, rock, blow
- Anxiety, increased pulse rate, paranoia, agitation and hallucinations
- Respiratory problems, collapse of the nasal septum
- Eating & sleeping disorders
- Sexual problems
- Social, financial, workplace problems
- Violent &/or erratic behaviour

GHB

Also known as GBH, Fantasy, liquid ecstasy, G
- Extreme grogginess
- Difficulty with vision
- Problems moving & speaking
- Respiratory collapse
- Disorientation
- Convulsions
- Seizures
- Coma
- Amnesia
- Death

HEROIN

Also known as smack, white lady, hammer
- Anxiety disorders
- Blood-borne infections (through sharing needles)
- Death from overdose
- No Fun Time Here

MAYA

HIP-HOP MC

LOVIN’ LIFE!

NO FUN TIME HERE

Anxiety, increased pulse rate, paranoia, agitation and hallucinations
- Respiratory problems, collapse of the nasal septum
- Eating & sleeping disorders
- Sexual problems
- Social, financial, workplace problems
- Violent &/or erratic behaviour

“PERFORMING IS THE BEST FEELING.
I DON’T NEED DRUGS.
I JUST LET THE MUSIC TAKE OVER.”
“RACING AND BEING ON THE TRACK IS A BIGGER RUSH THAN DRUGS WOULD EVER GIVE ME.”

“IN THE SYSTEM, ‘CAUSE MY DANCING AND DIDGE SETS ME FREE.”
RIDING THE CREST

"Surfing is always different. It clears my head. I don’t see the need to use drugs."

MAKIN’ MOVIES...

"I don’t need drugs to make me feel happy. I’ve got my friends, my film-making and just the whole buzz of being alive."

CLEAR HEADED
Ever had those days when life just feels too hard? At some point most of us do. If you feel like you’re losing it or you’re stressed out, it’s really helpful to seek help and support. Here’s a handy list of information and support services that can help if you or a friend are having tough times...

**REACH OUT!**
www.reachout.com.au
A place online where you can find the info you need and some space to chill out. Reach out. Find out. Move on.

**BEYONDBLUE**
1300 224 636 www.beyondblue.org.au
The national depression initiative. Opening our eyes to depression throughout Australia.

**SANE HELPLINE**
1800 18 SANE (freecall) www.sane.org
Mental health information and help on the phone (Monday to Friday, 9am - 5pm) or online.

**HEADSPACE**
www.headspace.org.au
A web-based youth mental health support service.

**AUSTRALIAN DRUG INFORMATION NETWORK (ADIN)**
www.adin.com.au
ADIN provides easy access to more than 1200 professionally reviewed websites and links to drug and alcohol agencies, from small regional groups to nation-wide organisations.

**FAMILY DRUG SUPPORT**
1300 368 186 (local call) www.fds.org.au
An organisation for those who need help, it’s made up of volunteers who’ve experienced first-hand the trauma of having family members with drug problems.

See a friend or family member in trouble with drugs isn’t easy, but there is something you can do. Don’t be afraid to talk to them about it; let them know you’re concerned, and seek help from someone you know and trust. You can also get help anonymously. The organisations and websites listed on these pages are dedicated to helping anyone having problems — they won’t judge you, dob you in to the police or look down on you. The smart and caring thing to do is to reach out.

**A FRIEND IN NEED**

**Don’t forget that if you use a mobile phone to call the numbers listed you will be charged mobile rates.**

**KIDS HELP LINE**
1800 55 1800 (freecall) www.kidshelp.com.au
A national phone and web-based counselling service for young people aged 5 to 18 years — it’s free, anonymous and confidential.

**LIFELINE**
13 11 14 (local call) www.lifeline.org.au
A national 24-hour phone counselling service, who are there to help you through any problem no matter how big or small.

**ALCOHOL AND DRUG INFORMATION SERVICES (ADIS)**
For information on counselling services or about drugs call the Campaign Info Line on 1800 250 015 (freecall) and ask for the ADIS in your state/territory.

**NATIONAL DRUGS CAMPAIGN**
1800 250 015 (freecall) www.australia.gov.au/drugs
For information about the Campaign, or to find out more about information and support services in your state/territory. You can also order Campaign resources.

**INFO & HELP**

**AUSTRALIAN DRUG FOUNDATION (ADF)**
www.adf.org.au
Comprehensive information on drugs, including latest research, fact sheets, updates on conferences and news, government policy and more.

**THE SOURCE**
www.thesource.gov.au
Online information on a range of issues concerning young people, from tips on money and careers to info on drugs and alcohol, plus a whole lot more.

**OXYGEN**
www.oxygen.org.au
Oxygen encourages healthy lifestyle choices and provides interactive activities and information about tobacco for young people.

**ALCOHOL INFORMATION**
www.alcohol.gov.au
The Australian Government’s national alcohol information site, created by the Department of Health and Ageing.

**ALCOHOL AND DRUG INFORMATION SERVICES (ADIS)**
For information on counselling services or about drugs call the Campaign Info Line on 1800 250 015 (freecall) and ask for the ADIS in your state/territory.

Some people make the mistake of thinking that doing drugs can help when they’re experiencing tough times. Drugs—including alcohol—can contribute to, or trigger, mental health problems in some young people. Commonly reported mental illnesses linked to drug use are anxiety, depression, paranoia and panic attacks; there are also some reports of psychotic illnesses (such as schizophrenia). It’s pretty clear that drugs don’t solve problems. And they’re not only bad for your body — they can mess up your head too. **Where’s your head at?**
www australia gov au drugs
NATIONAL DRUGS CAMPAIGN INFO LINE 1800 250 015