# **Media release**

### **Find the facts about drugs and alcohol**

[insert date]

What is ice? Is it different to speed? Can cannabis cause mental health problems? What are some of the dangers of mixing alcohol with other drugs?

Available now – online and at [insert Library name] – is an up-to-date resource that can help to answer your questions about different drugs and alcohol and their effects. The newly published 3rd edition of *A Quick Guide to Drugs and Alcohol* has additional information, including extra chapters on caffeine, synthetic drugs and steroids.

The book is set out in easy-to-read sections suitable for anyone in the community who wants accurate information about drugs and alcohol. It covers short- and long-term effects of individual drugs, treatment options, the laws that relate to drug use, possession and manufacture, drugs, alcohol and driving, and alcohol, drugs and young people.

Written by drug and alcohol experts from the National Drug and Alcohol Research Centre, the book covers alcohol, tobacco and a range of other drugs, such as methamphetamine, cannabis, heroin, cocaine, GHB and hallucinogens.

The *Quick Guide to Drugs and Alcohol* is published by Drug Info, a specialist service of the State Library of New South Wales, in partnership with the NSW Ministry of Health. The service manages the Drug Info website, a collection of plain language books and factsheets held in NSW public libraries, including [insert Library name], and public programs delivered by public library staff.

“Our focus is to provide the community with the latest and most reliable information, and raise awareness of the impact of alcohol and drugs on health and social well-being,” said [insert job title and name of library spokesperson].

**MEDIA INQUIRIES:**

[insert name, contact phone number, email, web address]