

A QUICK GUIDE TO **Drugs & Alcohol**

THIRD EDITION

by the National Drug and Alcohol Research Centre (NDARC)

Drug Info is a partnership between the
State Library of New South Wales and NSW Health.

www.druginfo.sl.nsw.gov.au



Health



NEW SOUTH WALES

Disclaimer

The contents of this book are intended for information purposes only. Every effort has been made to ensure that the information is correct at the time of publication. Drug Info does not offer any information in this book as a tool for treatment, counselling or legal advice. Drug Info recommends that prior to making any decision based on any information in this book, you should obtain independent professional legal or medical advice.

Websites and information about service providers referred to in the publication have been selected to provide relevant and up-to-date information as at the date of publication. Drug Info accepts no responsibility for the content of websites and does not endorse any specific services offered by providers.

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ADVICE AND SUPPORT

Drug and alcohol related emergency

If you can't wake someone up or you are concerned that they may have sustained a head injury from a drug or alcohol related fall – call an ambulance immediately – dial Triple Zero (000).

If the person has been mixing drugs with alcohol or other drugs, tell the NSW Ambulance paramedic exactly what they have taken.

Paramedics are there to help. Generally paramedics don't involve the police unless there is danger to themselves or other people/children, someone dies, or a crime (such as violence or theft) has been committed.

Support and information

Alcohol and Drug Information Service (ADIS) NSW operates 24 hours, 7 days a week to provide education, information, crisis counselling and support. Call (02) 9361 8000 (Sydney) or free call 1800 422 599 (for NSW regional and rural callers) or visit yourroom.health.nsw.gov.au

Call ADIS for the nearest needle and syringe program (NSP) outlet.

Contact ADIS for specialist pregnancy services in NSW.

The **ADIS Stimulant Treatment Line** provides 24/7 advice, support, referral and counselling for people concerned about stimulants or for information on the Stimulant Treatment Program. Call (02) 9361 8088 or 1800 101 188.

The **Opioid Treatment Line** (OTL) is a helpline providing opiate pharmacotherapy information (including methadone and buprenorphine), referrals, and advice. Call 1800 642 428.

Counselling Online is a free online alcohol and drug counselling service with email support for alcohol and other drug users, and others affected by alcohol and drug use in the community, including family members, relatives and friends. www.counsellingonline.org.au

Counselling services in other states & territories:

Australian Capital Territory: Alcohol and Drug Information Service (ADIS) (02) 6207 9977

Queensland: Alcohol and Drug Information Service (ADIS) 1800 177 833

Victoria: Directline 1800 888 236; Family Drug Helpline 1300 660 068

Western Australia: Alcohol and Drug Information Service (ADIS) (08) 9442 5000 or 1800 198 024 (rural WA only) and for parents (08) 9442 5050 or 1800 653 203 (rural WA only); meth helpline 1800 874 878

South Australia: Alcohol and Drug Information Service (ADIS) (08) 363 8618 or 1300 131 340 (South Australian callers only, local call fee) or for interstate callers (08) 7087 1743

Northern Territory: Alcohol and Drug Information Service (ADIS) 1800 131 350 (NT only) withdrawal services (08) 8949 0087

Tasmania: Alcohol and Drug Information Service (ADIS) 1800 811 994

Family Drug Support provides 24/7 telephone support to families in crisis due to drug and alcohol issues. Call the helpline on 1300 368 186 or visit www.fds.org.au

Lifeline operates 24 hours, 7 days a week and provides counselling and information, suicide prevention, crisis support and mental health services. Call 13 11 14

Quitline 13 QUIT (13 7848) is a confidential telephone based service designed to help smokers quit smoking, funded by the Cancer Institute NSW. Staff can also provide assistance to the family and friends of smokers and others requesting information about smoking.

Kids Helpline is a free, 24 hour counselling service for young people aged 5 to 25 years. Counselling is offered via the Kids Helpline website www.kidshelp.com.au or email or call 1800 55 1800

Parent Line is a telephone counselling, information and referral service for parents and carers of children ages 0 to 18 in NSW. Call 1300 130 052 or visit www.parentline.org.au

Australian Drug Information Network (ADIN) provides a listing of support services, including private services and local services at www.adin.com.au/help-support-services.

Specialist services

Aboriginal Health and Medical Research Council provides links to Aboriginal community controlled health services across NSW.

Visit www.ahmrc.org.au for information about AHMRC members including a regional map, information and links to members' websites.

Drug and Alcohol Multicultural Education Centre (DAMEC) provides services for people from culturally and linguistically diverse communities. Contact DAMEC on (02) 8113 1301 or for counselling and support services for CALD communities call (02) 8706 0150.

Treatment and support

NSW Health Drug and Alcohol Services – to access a local public drug and alcohol service in NSW, contact your local area health service.

Cannabis clinics provide assessment and counselling for individuals about their cannabis use, offer education, support and brief counselling to concerned family members and provide specialised treatment for people with co-existing cannabis and mental health issues. Contact ADIS (02) 9361 8000 (Sydney metro) or 1800 422 599 (regional NSW) for your local clinic.

The **Stimulant Treatment Program** provides treatment for stimulant users. The clinics offer outpatient services to people 16 years and older seeking to stop or reduce their use of amphetamines, methamphetamines, cocaine or ecstasy. Contact the Stimulant Treatment Line (02) 9361 8088 (Sydney) or 1800 101 188 (regional NSW) for information about the program.

Eheadspace provides mental and health wellbeing support, information and services to young people (aged 12 to 25) and their families and friends. Visit eheadspace.com.au

Self-help organisations

Smart Recovery is a voluntary self-help group that assists people in recovering from alcohol, drug use and other addictive behaviours. Visit www.smartrecoveryaustralia.com.au

Alcoholics Anonymous (AA) is a self-help organisation for people with alcohol problems. Phone the national helpline number 1300 22 22 22 and your call will be connected to your nearest local AA in your state or visit www.aa.org.au

Narcotics Anonymous Australia, is a non-profit fellowship or society of recovering addicts who meet regularly to help each other stay clean via a program of complete abstinence from all drugs. Call the national phoneline 1300 652 820 or visit www.na.org.au