

**Defence Community Organisation** [www.dco.dod.gov.au](http://www.dco.dod.gov.au) The DCO provides assistance to members and families in all regional areas. They provide 24-hour assistance in crisis situations in all military locations and will help with appropriate referrals if required during office hours. The after hours service can be accessed through your local Duty Officer/Officer of the Day.

**Chaplains** There are Chaplains connected to all units in Australia who can provide support and appropriate referrals.

**The Family Information Network for Defence (FIND)** <1800 020 031> FIND is a phone service that provides easy access to personnel information on matters of everyday interest and concern. It is a confidential service that is available to every Service person and family anywhere in Australia.

**Lifeline** <131 114> If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

**Vietnam Veterans Counselling Service (VVCS)** This service is available to veterans of all deployments and their families. VETLINE – 24 hour emergency line (Sydney/Canberra) <1800 011 046>

**Defweb Address** <[defweb2.defence.gov.au/dpedhs/](http://defweb2.defence.gov.au/dpedhs/)>

**Internet Address** < [www.defence.gov.au/dpe/dhs](http://www.defence.gov.au/dpe/dhs)>

**Email** [ADF.MHS@defence.gov.au](mailto:ADF.MHS@defence.gov.au)

## WHERE TO GET MORE INFORMATION

Accurate and up-to-date information on drink-spiking can be obtained from the following websites:

Australian Drug Information Network <[www.adin.com.au](http://www.adin.com.au)>

Australian Drug Foundation <[www.adf.org.au](http://www.adf.org.au)>

National Drug & Alcohol Research Centre

<[www.ndarc.med.unsw.edu.au/ndarc.nsf](http://www.ndarc.med.unsw.edu.au/ndarc.nsf)>



## ADF MENTAL HEALTH STRATEGY

# drink spiking FACT SHEET





## WHAT IS DRINK-SPIKING?

Drink-spiking is the covert placement of drugs (including alcohol) into a person's drink with the aim of sedating or incapacitating them, usually for the purpose of sexual assault or robbery.

Drinks most commonly spiked are alcoholic drinks, but spiking of soft drinks, coffee, tea and hot chocolate occurs.

Alcohol is the most commonly used drug to facilitate sexual assault.

This occurs when alcohol is added to a non-alcoholic drink, or when an alcoholic drink has shots of spirits added to it without request.

Other drugs used in drink-spiking incidents are Rohypnol, Gamma hydroxybutyrate (GHB) and benzodiazepines.

The majority of drink-spiking victims are young women, however it is estimated that approximately 20% of drink-spiking victims are men. Most drink-spiking incidents occur in pubs and clubs, but drink-spiking has also been known to occur in private parties, restaurants, and other places.

## WHAT ARE THE RISKS?

Drink-spiking can lead to assault, robbery, sexual assault and unsafe sex, and health effects from the consumption of the drugs. The effects from consuming a spiked drink will vary, depending on the drug used. Some of these effects might be nausea and vomiting, reduced coordination, loss of balance and loss of consciousness. Some drugs are extremely dangerous when mixed with alcohol and there is a risk that these combinations could result in death.

## MINIMISING THE RISKS

- Keep an eye on your drinks, don't leave drinks unattended
- Never let someone you don't know and trust give you an opened drink
- Always watch your drink being poured
- Look out for your friends, if they seem to be behaving strangely or are 'really out of it,' even if they haven't drunk much, get them to a safe place.
- If you believe you may have consumed a spiked drink, ask someone you trust to get you to a safe place. If possible, keep your drink with you as it may provide useful evidence.

## WHERE TO SEEK HELP

- In an emergency, call 000. Alert someone trustworthy, like a friend, or a staff member at the venue.
- Other than in an emergency, contact your local ADF Medical Centre or Psychologist.
- Navy personnel can seek help through their divisional system, local ADPA or can directly contact their local Alcohol and Drug Program Coordinators.
- Victims of sexual assault are encouraged to seek support and assistance from someone trusted, such as local medical personnel, psychologists, chaplains or social workers.

## MENTAL HEALTH RESOURCES

**Local Medical Centres** Your local medical officer can provide immediate assistance and referrals as required.

**Psychology Support Section** All Psych Support Sections offer a 24 hour emergency service that can be accessed through your local Duty Officer/ Officer of the Day.

