

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.

Defence Community Organisation

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/>

Internet Address < www.defence.gov.au/dpe/dhs>

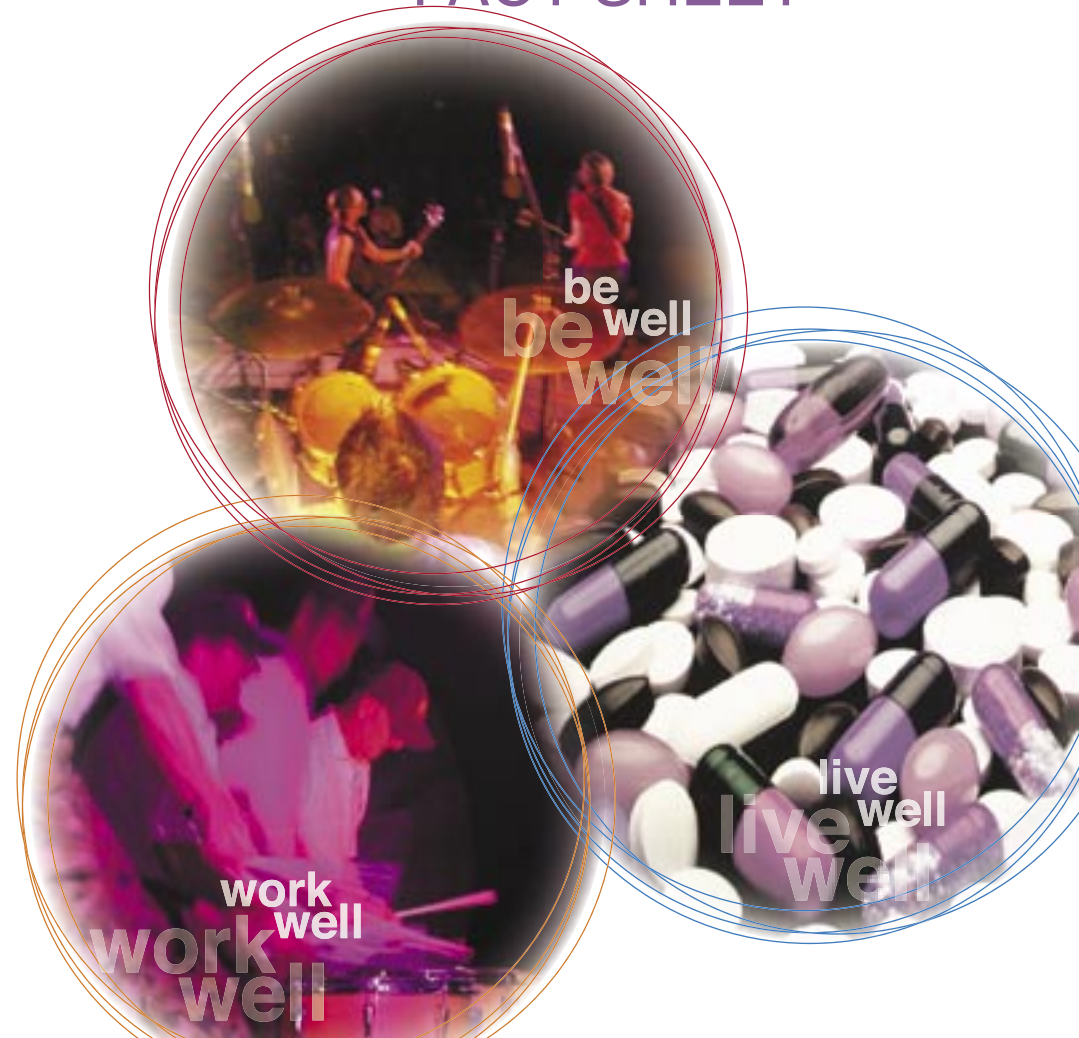
Email <ADF.MHS@defence.gov.au>



ADF MENTAL HEALTH STRATEGY

party drugs

FACT SHEET





WHAT ARE PARTY DRUGS?

'Party drugs' is the collective term for a wide range of substances that are most often used in entertainment venues, including clubs, bars, parties and dance events (raves). Some of the drugs included under this heading are ecstasy, ketamine, GHB, speed, crystal, cocaine and LSD. The term 'club drugs' is often used interchangeably with the term 'party drugs'.

WHAT ARE THE RISKS?

While many users will not report any problems with using party drugs, there are some significant risks associated with their use. These risks include dehydration, overheating, strong feelings of anxiety or fear (bad trips) and unpredictable negative consequences due to interactions with other drugs (especially alcohol).

Perhaps the greatest risk associated with use of party drugs is that they can often contain very different ingredients, even in pills and tabs that look the same. What you take may not be what you think it is. Despite what you see stamped on the pills, Calvin Klein and Mitsubishi really aren't in the business of manufacturing party drugs!

WHAT WILL HAPPEN TO ME IF I AM FOUND TO BE USING PARTY DRUGS?

The ADF has very clear policies in place regarding the use of illicit drugs by its members, and the use of party drugs is not condoned in the ADF. Use of illicit drugs is not compatible with service in the ADF. Under the Defence Instruction (General) PERS 15-2, use of illicit drugs by members of the ADF may lead to disciplinary and/or administrative action to terminate the member's appointment or initiate discharge proceedings.

WHERE TO SEEK HELP

In an emergency, call 000.
Other than in an emergency situation, contact your local ADF Medical Centre or Psychology Section. Navy personnel can seek help through their divisional system, local ADPA or can directly contact their local Alcohol and Drug Program Coordinators.

WHERE TO GET MORE INFORMATION

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

Australian Drug Information Network
(www.adin.com.au)

Australian Drug Foundation (www.adf.org.au)

National Drug & Alcohol Research Centre
(www.ndarc.med.unsw.edu.au/ndarc.nsf)

