

## 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](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)>

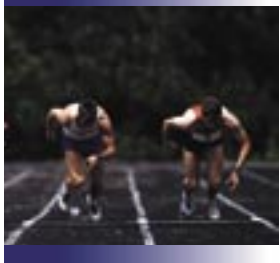


## ADF MENTAL HEALTH STRATEGY

# steroids

## FACT SHEET





## WHAT ARE STEROIDS?

Anabolic-androgenic steroids (often termed anabolic steroids) are drugs derived from the male hormone, testosterone. These drugs have both 'anabolic' and 'androgenic' properties – this means that they can result in accelerated or increased muscle and bone growth (the anabolic effect) and development of male sexual characteristics (the androgenic effect). The anabolic and androgenic effects are present in all anabolic steroids ... it is not possible to separate these effects. Steroids come in liquid (injectable) and tablet forms. Anabolic steroids are different from the corticosteroids used as treatment for asthma and other conditions. The information in this fact sheet is not about corticosteroids.

## WHAT ARE THE RISKS?

There are risks associated with both the injectable and tablet forms of anabolic steroids. It can be very dangerous to combine steroid use with some other drugs, such as insulin, human growth hormone (HGH), or amphetamines.

Unsafe use of injecting equipment carries with it the risk of infection with blood borne viruses, such as Hepatitis C. Use of anabolic steroids in tablet form can result in permanent liver damage.

Long-term use of steroids may result in psychological problems related to aggression. Other health risks include increased risk of cancer and heart disease, prostate enlargement, sexual impotence, gallstones and kidney stones.

Physical dependence on anabolic steroids has never been established. You can, however, become psychologically dependent on steroids. This means that you find it very difficult to stop using steroids even if you know that they are having a negative impact on your health.

## WHAT WILL HAPPEN TO ME IF I AM FOUND TO BE USING STEROIDS?

The ADF has very clear policies in place regarding the use of illicit drugs by its members, and the use of anabolic steroids 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 steroids 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)

Australian Sports Drug Agency

[www.asda.org.au](http://www.asda.org.au)

