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**ABORIGINAL
DRUG AND ALCOHOL
COUNCIL (SA) INC.**



**INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.**

The Resource Package about Illicit Drugs for Indigenous Workers has been produced at the Aboriginal Drug & Alcohol Council (SA) Inc. Design and layout has been done by the Indigenous Substance Misuse Health Promotion Unit.

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**AMPHETAMINES
AND METH
AMPHETAMINES**

Keeping Safe

AMPHETAMINES AND METH AMPHETAMINES

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KEEPING SAFE

THE BEST WAY TO KEEP SAFE IS NOT TO
USE AT ALL

OVERDOSE

An overdose of amphetamines can cause dehydration and fits, heart problems, bleeding in the brain and other serious problems.

WHY DOES IT HAPPEN?

Overdose can happen because too much amphetamine has been used. How much is too much usually depends on the strength of the amphetamine, how it has been used, how often the person has used in the past and what other drugs they may also have used.

REDUCING THE RISK OF AMPHETAMINE OVERDOSE

You can reduce the chances of overdose happening by:

Trying a small amount of amphetamine first. It might be much stronger than you think

Only using one drug at a time. Combining amphetamines with alcohol, benzos or heroin can increase the risk of overdose

Always making sure that someone else is around when you use: they can help if something goes wrong

Knowing what to do if someone else overdoses

HOW CAN YOU TELL IF SOMEONE HAS OVERDOSED ON AMPHETAMINES?

Someone who has overdosed on amphetamines

may have:

Headaches

Chest pains

Very fast breathing and a pounding heart

They may also:

Feel paranoid (suspicious)

Feel (and look) agitated and anxious, panicky and shaky, hot and sweaty

WHAT TO DO ABOUT AMPHETAMINE OVERDOSE

Dial triple zero (000) and ask for an ambulance, or

Get them to a doctor straight away

Try and get them to a quiet place, as this may help them to calm down

Tell the ambulance officer exactly what they have been using

INJECTING

AMPHETAMINES

Injecting a drug can cause problems with:

Veins: they can get very fragile and collapse or become scarred

Infections: injecting breaks the skin so germs can move quickly from outside the body into the blood stream

Blood-borne viruses: hepatitis B and C and HIV can all be passed on from one person to another if you are sharing needles, syringes and other injecting equipment like tourniquets, spoons, mix and swabs.

To reduce your chances of getting problems from injecting, you can:

Try other ways of using like swallowing, smoking or snorting

Learn how to inject as safely as possible. Get information and a pamphlet about safer injecting

Always use a new needle and syringe each time you

use

Never share your injecting gear

Always wash your hands before and after injecting

IS USING DRUGS A PROBLEM FOR YOU?

If you can't decide whether using drugs is a problem for you, ask yourself these questions: Is using drugs becoming the most important thing in my life?

Am I getting sick because I am using?

Is using causing arguments or trouble between me and my family?

Am I spending more that I want to on drugs?

Is using getting me into trouble with the law?

A 'yes' to any of these questions may mean it's time to quit, cut down or take a break from using.

A 'yes' to any of these questions may also mean it is time to ask for help.

NEED SOME HELP?

If you are concerned about using drugs, then you can get help from your local Aboriginal Health Worker, doctor or drug and alcohol service.

Families and friends who are worried about someone who is using drugs can also get support and information from these places.

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