Where to seek help

Reading this fact sheet has been a good start. There are however, many other self-help resources available to you to obtain more information. These include:


You may also wish to discuss things with a close friend or family member who you trust to be supportive. Sometimes it can really help to share a problem and get a different perspective on it by talking it over.

ADF Chaplains are also available and can provide support and impartial guidance without needing a referral or going through the Chain of Command.

The Family Information Network for Defence (FIND) (1800 020 031) is a telephone service that provides easy access to personnel information on matters of everyday interest and concern such as ADF pay, entitlements, allowances or conditions of service. This is a toll-free, confidential service. It is available to Service members and their families anywhere in Australia.

Further support available

If you need further support, there are more resources available to you.

Your chain of command can provide advice, support and referral if necessary to the local Medical Centre or Mental Health and Psychology Section (MHPS).

You can also approach your local Medical Centre directly and speak with a Nursing Officer or Medical Officer, or you can approach your local Mental Health and Psychology Section (MHPS).

If you need to speak to someone urgently after hours, the ADF Mental Health Strategy All-hours Support Line (ASL) is available. This is a confidential telephone triage support service for ADF members and their families that can be contacted 24 hours a day, 7 days a week on 1800 628 036 (FREECALL within Australia) or 61 2 9425 3878 (outside Australia).

VVCS – Veterans and Veterans Families Counselling Service is available to veterans of all deployments and their families.

The Defence Community Organisation (DCO) also provides services to families of ADF members 24 hours a day, 7 days a week all year round, including public holidays. During normal business hours, the first point of call is the Duty Social Worker or Military Support Officer. Outside these hours, calls should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026, or if calling from overseas, 61 2 9369 4842.
What are ‘Club drugs’?
Nightclubs, dance parties, raves and other events are popular venues for people to share their interest in music, to have fun, or just to spend time with friends. Some people use a range of drugs, collectively called ‘club drugs’ in this fact sheet, to increase their enjoyment of the event. Drugs included under this heading are MDMA, ketamine, GHB, and cocaine.

Prevalence
Club drugs include some of the most commonly reported drugs used illicitly in Australia. National statistics tell us:
- around one in ten Australians (about 1.9 million) have used MDMA at least once in their lives
- around one in thirty Australians (over 600,000) have used MDMA in the past 12 months
- around one in a hundred Australians (under 200,000) have used ketamine at least once in their lives
- around one in five hundred Australians (about 32,500) used ketamine in the past 12 months
- around one in two hundred Australians (just over 90,000) have used GHB at least once in their lives
- around one in one thousand Australians (just over 17,000) used GHB in the past 12 months
- just over seven percent of Australians have used cocaine at least once in their lifetime
- two percent of Australians had used cocaine in the past year
(Data from the 2010 National Drug Strategy Household Survey, Australian Institute of Health and Welfare. Data from Australians aged 14 years and over.)

What are the harms associated with club drug use?
Due to the number and variety of drugs used as club drugs, it is not possible to list here the specific effects of each particular substance. Different drugs have different effects on the central nervous system. Some (such as MDMA and cocaine) will stimulate the central nervous system and cause the user to become more energised and alert. Others (such as ketamine and GHB) will depress the central nervous system and the user will experience a sense of relaxation and calmness. Because of the differences in chemical composition of many pills, effects may be unpredictable and unexpected.

Also, because the recreational use of many of these substances is relatively recent, there is little reliable information about long-term effects.

The short-term effects of using central nervous system stimulants may include:
- euphoria and a sense of wellbeing
- increased alertness, energy and hyperactivity
- talkativeness
- reduced appetite
- improved concentration
- dry mouth and a metallic taste in the mouth
- increased blood pressure and heart rate
- nausea

The short-term effects of using central nervous system depressants may include:
- sleepiness
- confusion
- loss of coordination
- blurred vision
- inability to speak
- fever
- nausea and vomiting
- increased blood pressure and heart rate
- memory loss
- nose bleeds
- unpleasant taste
- decreased response to pain