Where to seek help

Reading this fact sheet has been a good start. There are however, many other self-help resources available for 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 9359 4842.
What is drink-spiking?
Drink-spiking is the practice of adding alcohol or other drugs into a person’s drink without their knowledge. Alcoholic and non-alcoholic drinks can be spiked. There are many reasons why a drink might be spiked, but common reasons are for amusement or to enable sexual assault, rape or theft. The topic of drink-spiking often receives a lot of media attention, and perhaps as a result of this attention many people believe that drink spiking is becoming more common. There is little genuine evidence, however, to support this belief.

Media discussion about drink-spiking often mentions strong sedatives such as Rohypnol and GHB as the substances that are used to spike drinks. In fact, alcohol is the most commonly used drug used to spike drinks. This occurs when alcohol is added to a non-alcoholic drink, or when an alcoholic drink has extra alcohol added without the knowledge of the person consuming the drink.

In a recent Australian study reported by the Australian Drug Foundation, more than half of all drink spiking cases had a blood alcohol concentration much higher than expected given the number of drinks reportedly consumed. International research suggests that the use of sedatives and illicit drugs in drink spiking is actually rare. Studies have shown that the unexplained detection of such substances occurs in as few as three per cent of drink spiking cases.

Most drink-spiking victims are women, although around one in five victims are male.
About one-third of drink spiking incidents are associated with a sexual attack, however most drink spiking incidents are “prank spiking”. Prank spiking is the addition of a substance as a practical joke or for amusement.

What are the harms associated with drink-spiking?
Drink spiking presents potentially serious physical and psychological risks. Drink spiking can lead to assault, robbery, sexual assault and unprotected sex, and adverse health effects from the consumption of the spiking agent. The effects experienced after consuming a spiked drink can vary, depending on the spiking agent 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.

If you have had or suspect that you have consumed drinks and or food that has or may have been spiked it is important to seek urgent medical assistance (call 000) and later to report the matter through your chain of command or duty officer as soon as practicable.

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.

In an emergency, call 000.