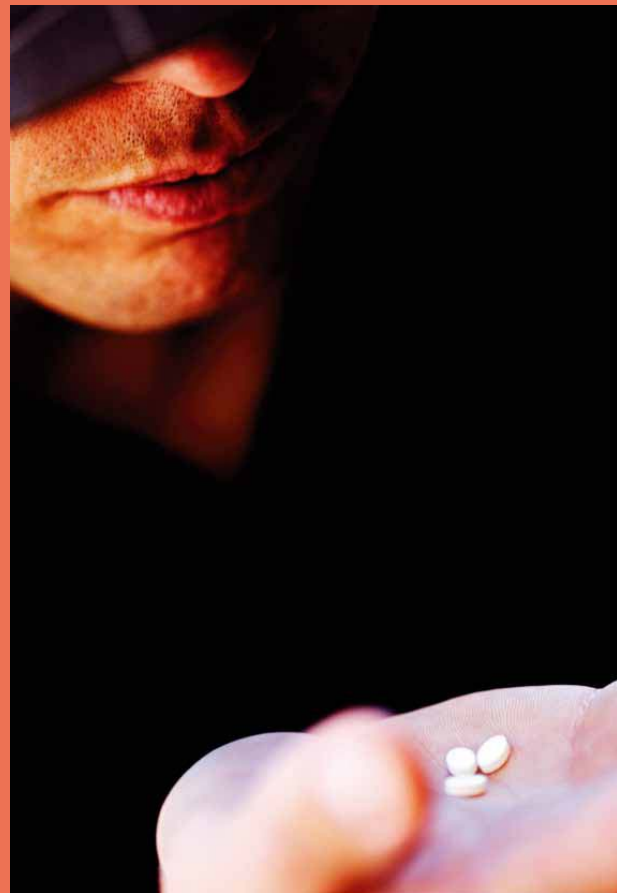




Joint Health Command
VICE CHIEF OF THE DEFENCE FORCE

ADF Mental Health & Wellbeing Club Drugs



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 factsheet, 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 have used MDMA at least once in their lives
- around one in thirty Australians have used MDMA in the past 12 months
- around one in a hundred Australians have used ketamine at least once in their lives
- around one in five hundred Australians used ketamine in the past 12 months
- around one in two hundred Australians have used GSB at least once in their lives
- around one in one thousand Australians 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 have 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 and over)

What are the harms associated with club drug use?

Due to the wide variety of club drugs, it is not possible to list here the specific effects of each substance. 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 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.



Stimulants

Short-term effects of 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
- increased blood pressure and heart rate
- nausea.

Depressants

Short-term effects of 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.

Club drugs and the ADF

The ADF has a ZERO TOLERANCE policy on the use of illicit drugs by its members. This means that any member using illicit drugs will be required to 'show cause' why they should be permitted to remain in the ADF.

The ADF conducts random drug testing of its ADF members. Some of the drugs included within the club drugs category remain detectable in urine for some time after use, so a person could return a positive test days after they have used a club drug.

Where to seek help

In an emergency situation, call 000.

Your chain of command is a primary resource that can provide advice, referral and support. You can also contact your local ADF Health Centre, Mental Health Professional, Social Worker, Chaplain or the Duty Officer/Officer of the Day for immediate assistance and referrals.

The **ADF Mental Health All-hours Support Line (ASL)** is a confidential telephone service for ADF members and their families available 24/7 on **1800 628 036** or if calling from overseas +61 2 9425 3878.

If you are away from base, or for out-of-hours assistance, you can call **1800 IMSICK** to locate the nearest support.

Other Mental Health Resources

Defence Family Helpline (1800 624 608)

www.defence.gov.au/dco

The Defence Family Helpline is your first point of call for support, information and connection with your community. The Helpline is available 24/7 for ADF Members and their families, and is staffed by qualified human services professionals including social workers and psychologists.

You can also email the Helpline on *DefenceFamilyHelpline@defence.gov.au* and receive a response within 24 hours.

Chaplains are connected to all units in Australia and can provide support and appropriate referrals.

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.

Veterans and Veterans Families Counselling Service (VVCS). This 24-hour service is available to veterans of all deployments and their families on **1800 011 046**.