



## Where to seek help

In an emergency, call 000.

Your chain of command is a primary resource that can provide advice, referral and support.

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 Alcohol and Drug Program Advisor (ADPA) or can directly contact their local Alcohol and Drug Program Coordinators.

## Mental Health Resources

**Local Medical Centres** Your local medical officer can provide immediate assistance and referrals as required.

**Psychology Support Section** All Psychology Support Sections offer after-hours, critical incident support through the local Duty Officer/Officer of the Day.

**Defence Community Organisation**

<http://intranet.defence.gov.au/dco/> or [www.defence.gov.au/dco/](http://www.defence.gov.au/dco/)

The DCO provides services 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 core hours and on Public Holidays, calls should be directed to the National Welfare Coordination Centre (NWCC) on 1800 801 026 or if calling from overseas +61 2 93594842.

**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.

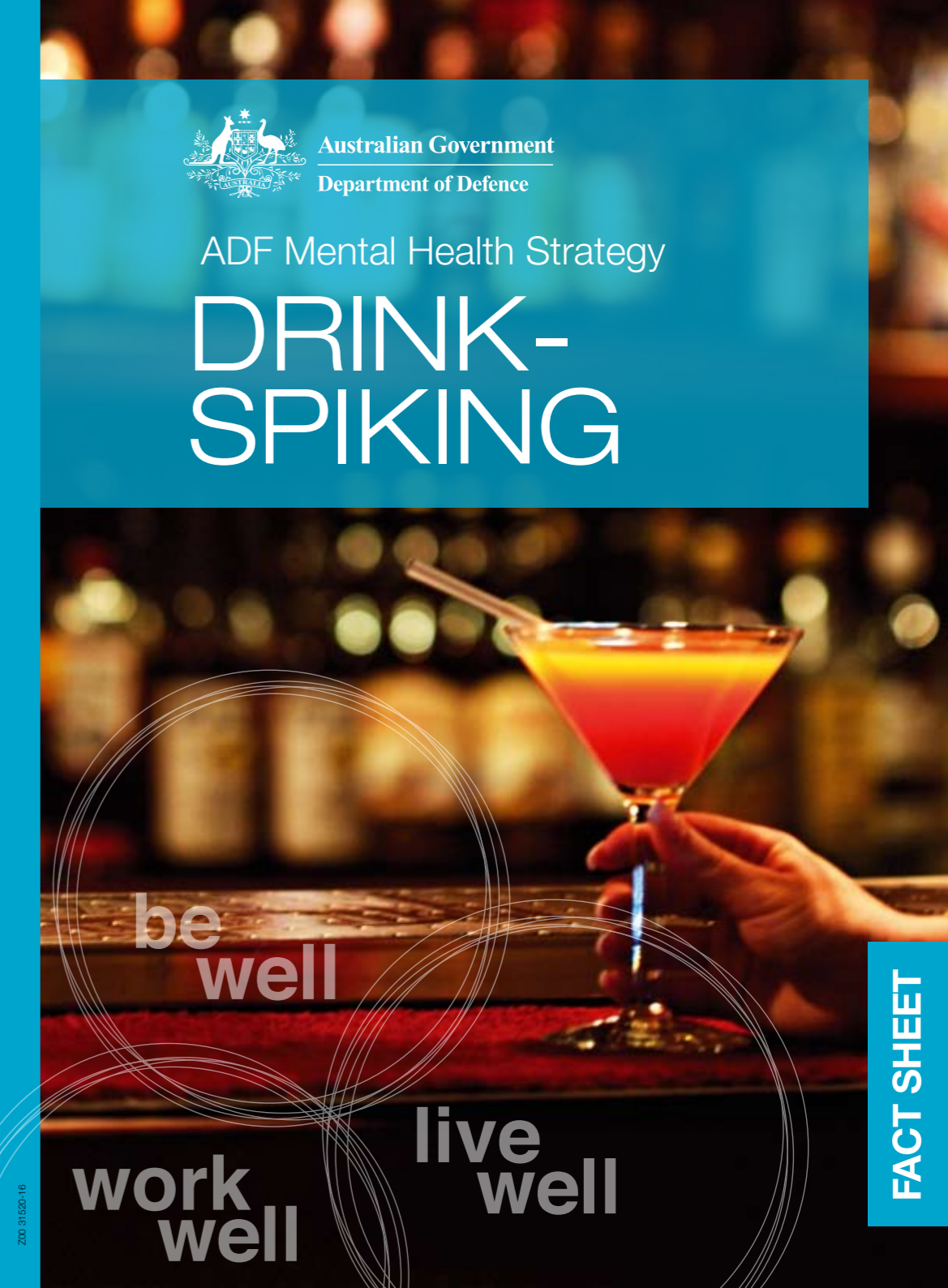
**Lifeline (131 114)** If you, or a friend, need to talk to someone about a problem immediately, you can call Lifeline for the cost of a local call.

**Veterans and Veteran's Families Counselling Service (VPCS)** This service is available to veterans of all deployments and their families. VETLINE – 24 hour emergency line (1800 011 046).

**ADF Mental Health Strategy All-hours Support Line (ASL)** The ASL is a confidential telephone triage support service for ADF members and their families that is available 24 hours a day, 7 days per week. (1800 628 036) (FREECALL within Australia) and (61 2 9425 3878) (outside Australia)

**Australian Defence Force Mental Health Strategy (ADFMHS)**

Defweb Address <http://intranet.defence.gov.au/dsg/sites/dmh/>  
Internet Address [www.defence.gov.au/health/DMH/i-dmh.htm](http://www.defence.gov.au/health/DMH/i-dmh.htm)  
Email [DMH.mentalhealth@defence.gov.au](mailto:DMH.mentalhealth@defence.gov.au)



Australian Government  
Department of Defence

ADF Mental Health Strategy

# DRINK-SPIKING

be  
well

work  
well

live  
well

Z00 31520-16

FACT SHEET

## What is drink-spiking?

Drink-spiking is the covert placement of drugs (including alcohol) into a person's drink with the aim of sedating or incapacitating them, usually for the purpose of sexual assault or robbery.

Drinks most commonly spiked are alcoholic drinks, but spiking of soft drinks, coffee, tea and hot chocolate also occurs.

Alcohol is the most commonly used drug to facilitate sexual assault. This occurs when alcohol is added to a non-alcoholic drink, or when an alcoholic drink has shots of spirits added to it without request.

Other drugs used in drink-spiking incidents are Rohypnol, Gamma hydroxybutyrate (GHB) and benzodiazepines.

The majority of drink-spiking victims are young women, however it is estimated that approximately 20% of drink-spiking victims are men. Most drink-spiking incidents occur in pubs and clubs, but drink-spiking has also been known to occur in private parties, restaurants, and other places.

## What are the risks?

Drink-spiking can lead to assault, robbery, sexual assault and unprotected sex, and adverse health effects from the consumption of the drugs. The effects from consuming a spiked drink will vary, depending on the drug 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 drink/s and or food that has or may have been spiked it is very important to seek medical advice and report the matter through your chain of command or duty officer as soon as practicable. This will allow for appropriate and timely health care to be administered.

Under Di(G)Pers 15-5 Testing for Prohibited Substances Under Part VIIIa of the Defence Act 1903, Defence conducts random testing of ADF personnel to detect illicit drug use. The purpose of this program is to deter members from consuming illicit substances. Those who return a positive test result are asked to show cause as to why they should be retained within the Service. Consequently, it is in your best interest to report any incidence of confirmed or suspected drink spiking as declarations of spiking made after selection for prohibited substance test will not attract immunity from action if a positive result is returned.

## Where to get more information

Accurate and up-to-date information on drink-spiking 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](http://www.ndarc.med.unsw.edu.au)

## 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.

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- your chain of command is a primary resource that can provide advice, referral and support
- Navy personnel can seek help through their divisional system, local Alcohol and Drug Program Advisor or can directly contact their local Alcohol and Drug Program Coordinators
- victims of sexual assault are encouraged to seek support and assistance from someone trusted, such as local medical personnel, psychologists, chaplains or social workers.