



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/

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
Email DMH.mentalhealth@defence.gov.au



Australian Government
Department of Defence

ADF Mental Health Strategy STEROIDS



Z00 31520-03

What are steroids?

Anabolic-androgenic steroids (often termed anabolic steroids) are drugs derived from the male hormone, testosterone.

These drugs have both 'anabolic' and 'androgenic' properties – this means that they can result in accelerated or increased muscle and bone growth (the anabolic effect) and development of male sexual characteristics (the androgenic effect). The anabolic and androgenic effects are present in all anabolic steroids. Steroids come in liquid (injectable) and tablet forms.

Anabolic steroids are different from the corticosteroids used as treatment for asthma and other conditions. The information in this fact sheet is not about corticosteroids.

The supply and possession of all steroids are subject to stringent control under poisons legislation that is administered by the Department of Health and are listed as controlled substances under the Customs Act. Steroids for human use are available on prescription only and in amounts that are in accordance with recognised therapeutic standards.

What will happen to me if I am found to be misusing steroids

The ADF has a **ZERO Tolerance** policy on the misuse of steroids by its members. As a deterrent measure the ADF conducts ongoing random drug testing of ADF members.

The length of time steroids remain in a person's body ensures that those persons taking steroids will return a positive urine test weeks after they have taken them.

ADF members hold themselves to a set of values – these values are not consistent with breaking the law and supporting criminal activities. Obtaining non prescribed steroids supports criminality and the use of these types of drugs is not only dangerous, but threatens your career and financial well-being. Steroid use also affects your mates who are often assumed to be guilty by association when you are caught using these drugs.

Under Defence Instruction (General) Personnel 15–2, misuse of steroids by members of the ADF will usually lead to disciplinary and/or administrative action to terminate the member's appointment or initiate discharge proceedings.

If you are found to possess, supply or administer anabolic steroids to another person it is an offence under the Poisons and Therapeutic Goods Act 1966. Penalties for breach of this Act include fines and/or imprisonment.

What will happen to me if I self refer for misusing steroids?

Self-referral is a once only opportunity. It enables those members who feel they may be dependent on a prohibited substance or who have had previous prohibited substance involvement to facilitate access to timely and appropriate treatment.

Under Defence Instruction (General) Administrative 45–2 health care professionals are obligated to report illicit drug use that is not already known to the chain of command.

A request for self-referral does not prevent a Service authority from administratively terminating an appointment or discharging a member. However, Service authorities may look upon self-referral favourably when considering discharge or retention action. This will also depend on whether the member:

- a. fails to demonstrate abstinence from involvement with steroids or any prohibited substances
- b. fails to demonstrate potential for future effective service
- c. is assessed by a psychologist or psychiatrist as being likely to relapse or to have developed a long term psychiatric illness.

The use of steroids for non prescribed conditions can cause serious harm to a person's health

What are the risks?

There are risks associated with both the injectable and tablet forms of anabolic steroids. It can be very dangerous to combine steroid use with some other drugs, such as insulin, human growth hormone (HGH), or amphetamines.

Unsafe use of injecting equipment carries with it the risk of infection with blood borne viruses, such as Hepatitis C. The use of anabolic steroids can result in permanent liver damage or the development of liver tumours, jaundice, abnormal heart rhythms, heart attack, high blood pressure, fluid retention, diabetes, elevated cholesterol levels and acne. Men can also go bald, develop breast tissue, become aggressive and experience infertility. Women can develop a permanent deep voice, facial hair, an enlarged clitoris or experience problems with their periods.

Where to get more information

Accurate and up-to-date information on steroids can be obtained from the following websites:

Australian Drug Information Network (www.adin.com.au/)

Australian Drug Foundation (www.adf.org.au/)

National Drug & Alcohol Research Centre (www.ndarc.med.unsw.edu.au)