

*Australian Greek Welfare Society
further provides generalist:*

- Casework, Information & Referral
- Community Development & Education
- Structured Support Group Programs
- Counseling For Greek Men & Their Families
- Cross-Cultural Training Programs
- Aged & Disability Services
- Children's Services & Child Care
- Employment & Training



Other Publications Available

- Tick Titles
- AGWS Drug Services Guide
 - Positive Parenting & Drug Prevention
 - Ecstasy Information Brochure
 - Inhalants Information Brochure
 - Drug Information For Parents

Preferred Language English Greek

Name _____

Address _____

Post Code _____

Comments _____

Return to - AGWS, 7 Union Street, Brunswick Victoria 3056



Produced by Evan Sycamias,
Australian Greek Welfare Society
7 Union Street, Brunswick, Victoria 3056
9388 9998
A Department of Human Services funded project

Know The Facts About Drugs

A Guide for Youth



Know the facts...

This pamphlet is not intended as a condemnation of – nor does it condone drug use. Its sole purpose is to allow you the opportunity to make an informed decision, regardless if you are a current drug user or not.

The fact is that at some stage in everyone's life, the opportunity to use drugs will become a reality – but before you make any choices you should be sure you know all the facts.

Knowing the typical effects a drug has is not enough because the types of effects tend to depend on the type of drug, how much is used, how often, how it is taken and the characteristics of the person taking it – particularly their body type and state of mind. It should also be noted that many of today's illicit drugs are not pure – usually they are a mixture of two or more substances that can often produce unpredictable and concerning effects.

One of the most concerning measures of drug related harm to the community is the death toll. Use of both legal and illegal drugs (including tobacco) accounted for about one in five of all deaths in Australia – which alone totaled 22,700 in 1997*.

Remember, everyone has something to say about drugs, and fiction can get in the way of facts. Your friends probably can't tell you all that you need to know.

It's no good just knowing that drugs are

dangerous - you need to know **how** and **why**, and if you're going to use them, then you should begin by seeking advice from a professional youth drug service provider.

What is 'Dependence'?

There are degrees of dependency, ranging from mild dependency to compulsive behaviour commonly known as addiction. It is impossible to say how long or how often a person must take a drug before they become dependent, but it remains a realistic possibility that once you begin to use drugs, you may become dependent.

This doesn't mean that you will become a drug addict or seriously damage your health, but some young people have occasionally died from adverse reactions, whilst others begin to depend on drugs just to cope with normal life.

In the case of dependence, the drug use is likely to have a serious effect on your physical and mental health.

It should be further noted that many addicts also resort to theft and burglary to get money to pay for drugs; consequently getting deeper into trouble with the law.

If you are to some degree dependent, know of someone who is, or believe that you might be heading that way, a variety of professional youth treatment services exist (as listed overleaf) that can help you stabilise or even stop your dependence through a number of different treatment options.

These treatments differ in their aims and methods. Some aim for the user to achieve a drug-free lifestyle, while others aim to stabilise the drug user at a reduced, safer level of use. Some employ individual counselling techniques, others use group therapy, whilst others use chemical agents to assist with withdrawal or maintenance.

One common factor amongst all these services is their **confidentiality**.

Youth Drug Services

YSAS:

9890 7855

9418 1020 (A/H)

Odyssey House:

8341 1600

Drug Info:

13 15 70

Buoyancy Foundation:

9429 3322

Drug & Alcohol Services:

8345 6666

VOYAGE (Alcohol & Other Drug Services):

9296 1228

Western Region AIDS & Hepatitis Prevention:

9687 5202

Youth Outreach (Western General):

9689 5533

Youth Northern Outreach Team (YNOT):

9304 9100

Mental Health Services for Kids & Youth:

9342 2800

Turning Point (24 Hour Service):

9416 1818