

## IS USING DRUGS A PROBLEM FOR YOU?

**If you can't decide whether using drugs is a problem for you, ask yourself these questions:**

- Is using drugs becoming the most important thing in my life?
- Am I getting sick because I am using?
- Is using causing arguments or trouble between me and my family?
- Am I spending more that I want to on drugs?
- Is using getting me into trouble with the law?

A 'yes' to any of these questions may mean it's time to quit, cut down or take a break from using.

A 'yes' to any of these questions may also mean it is time to ask for help.

## NEED SOME HELP?

If you are concerned about using drugs, then you can get help from your local Aboriginal Health Worker, doctor or drug and alcohol service.

Families and friends who are worried about someone who is using drugs can also get support and information from these places.



**ABORIGINAL  
DRUG AND ALCOHOL  
COUNCIL (SA) INC.**



**INDIGENOUS  
SUBSTANCE MISUSE  
HEALTH PROMOTION UNIT.**

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# ECSTACY

## Keeping Safe

## KEEPING SAFE

### SERIOUS NEGATIVE EFFECTS

Anyone who uses ecstasy – large or small amounts – may be at risk of serious negative effects happening to them. These effects can include fits, internal bleeding, muscle melt down and water intoxication.

### WHY DO THEY HAPPEN?

There is no way of knowing how much ecstasy is in a tablet. Some tablets sold as ecstasy have been made with other illegal substances that can have much more serious side effects. People can have serious negative effects if they don't know how to reduce the risks when they are using.

## REDUCING THE RISKS OF ECSTASY SERIOUS NEGATIVE EFFECTS

**To reduce the risk of serious negative effects happening, you can:**

- Drink non-alcoholic drinks (between 250ml/hour, no more than 500ml/hour)
- Be aware that drinking too much (non-alcoholic drinks) can cause problems
- If doing something really active, take frequent rests and try to keep as cool as you can
- Only use one drug at a time – combining ecstasy with alcohol, benzos or heroin can increase the risk of negative effects happening
- Always make sure that someone else is around when you use – they can help if something goes wrong
- Know what to do if someone else overdoses

## HOW CAN YOU TELL IF SOMEONE IS HAVING DIFFICULTIES WITH ECSTASY?

**Someone who is having serious negative effects from using ecstasy may:**

- Become very agitated
- Have convulsions (fits)
- Be very, very thirsty
- Sweat and dehydrate – get much too hot
- Not feel like they need to urinate, even though they may be drinking more

## WHAT TO DO IF SOMEONE IS HAVING DIFFICULTIES AFTER TAKING ECSTASY

- Dial triple zero (000) and ask for an ambulance,  
or
- Get them to a doctor straight away
- Try and get them to a quiet place, as this may help them to calm down
- Tell the ambulance officer exactly what they have been using