



# Getting help

## Phone Counselling

**Kids Help Line** 1800 551 800

Confidential phone counselling, 24hrs (5-18yrs)  
Web chat or email a counsellor at: [www.kidshelp.com.au](http://www.kidshelp.com.au)

**Lifeline** 13 11 14

Confidential phone counselling, 24hrs (all ages)

## Headspace

Australia's Youth Mental Health Foundation  
<http://www.headspace.org.au/> 1800650890

## Medical/Clinical Support

**Princess Margaret Hospital** 9340 8222

Roberts Rd, Subiaco Primary diagnosis (6-16 yrs)

**Royal Perth Hospital** 9224 2244

Wellington St, Perth

**Sir Charles Gairdner Hospital** 9346 3333

Hospital Ave, Nedlands

## Detox

**DAYS (Detox, Rehab and Counselling for young people)**

129 Hill St, East Perth  
For referrals and inquiries 1300 651 329

**The Salvo's Bridge Program** 9227 8086

15 Wright St, Highgate

## Drug Info, Support Referral

**ADIS (Alcohol and Drug Information)** 9442 5000  
or Freecall 1800 198 024

**WASUA (WA Substance Users Assoc)** 9321 2877

519 Murray St, West Perth

## Counselling & Group Programs

**Drug ARM** 9497 9498

56 Fourth Rd, Armadale

**Holyoake Institute** 9416 4444

75 Canning Highway, Victoria Park WA 6100

**Palmerston Centre** 9328 7355

134 Palmerston St, Perth

**Cyrenian House** 9328 9200

318 Fitzgerald St, North Perth

## Aboriginal Services

**Aboriginal Alcohol and Drug Services** 9221 1411

211 Royal St East Perth

## Residential Treatment

**Cyrenian House** 9328 9200

**Palmerston Farm** 9328 7355

Wellard

**Teen Challenge (16+)** 9246 5777

**Serenity Lodge (18+)** 9527 9999

106 Lewington St, Rockingham

**Rosella House—Drug ARM** 9921 7409

11 Bayly St, Geraldton



Geoffrey Sambell Centre  
23 Adelaide Terrace,  
East Perth 6004

Web: [www.anglicarewa.org.au](http://www.anglicarewa.org.au)

Email: [step1@anglicarewa.org.au](mailto:step1@anglicarewa.org.au)

Ph: (08) 9325 7033

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223 James St  
Northbridge WA 6003

Web: [www.youthlink.perthwa.net](http://www.youthlink.perthwa.net)

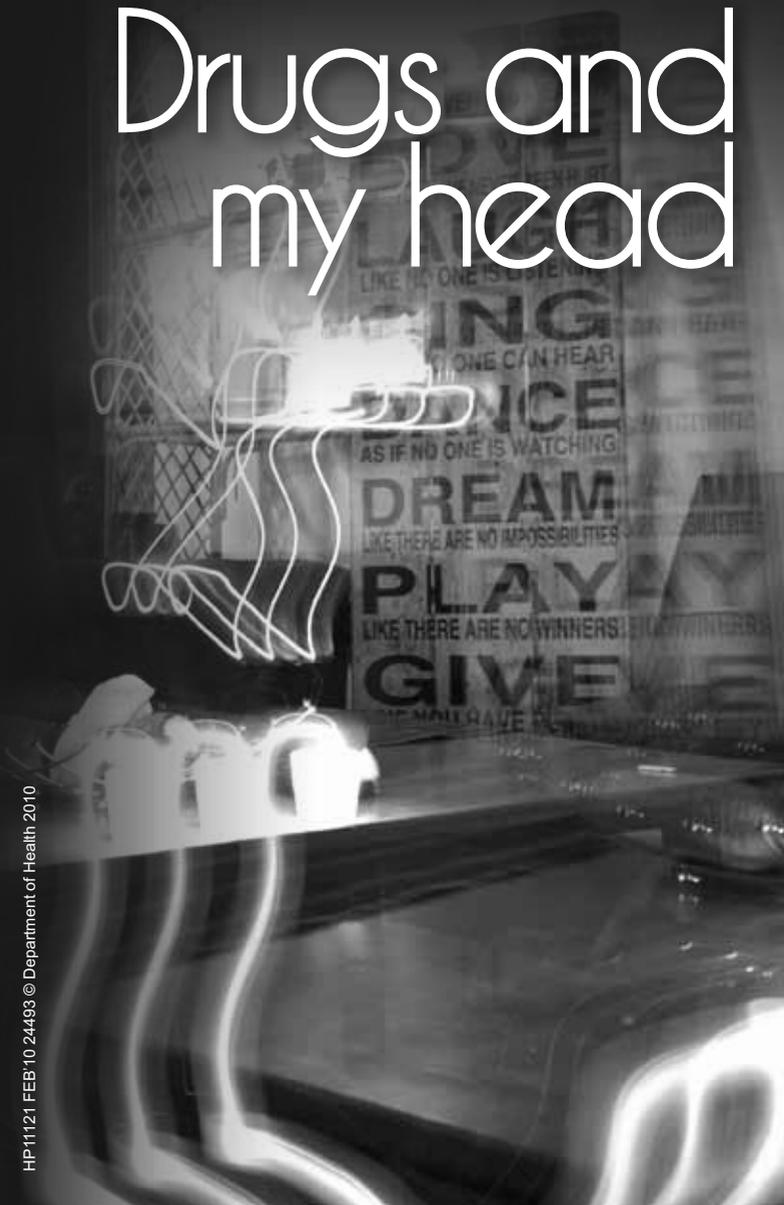
Ph: 9227 4300

For referrals: 1300 362 569

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# Drugs and my head



# What can drugs do to me?

Drugs like cannabis, speed, LSD and ecstasy may have pleasant short-term effects, however they can also lead to some scary experiences and can do some serious long-term damage to your mental health.

Some of these experiences include panic, anxiety or paranoia.

Other people can actually experience what is known as drug-induced psychosis. Drug-induced psychosis can occur when using or withdrawing from drugs.

Other common experiences include confused thinking, hallucinations and delusions.

*Hallucinations involve hearing, seeing, feeling or tasting something that is not really there, while delusions are false beliefs about the world, other people or yourself.*



## **One in seven people who use cannabis experience psychotic symptoms.**

If somebody is experiencing drug induced psychosis it can look like they have a psychotic illness like schizophrenia.

However if the psychotic symptoms are only due to drugs, the psychosis should only last a few days. For some however, the symptoms may be the beginning of a lifelong illness.

Research is suggesting that cannabis and ecstasy may trigger off a psychotic illness in some people. Those people who do experience psychosis while using drugs are at greater risk of developing a mental illness such as schizophrenia.

People who have a mental illness are more likely to experience negative psychological effects of cannabis and of other drugs.

Drug use can also make a person's mental illness worse and react badly with medications.

60% of people who use drugs like ecstasy, speed, cocaine and other stimulants also have a mood disorder like Depression. This is 3 times the rate of the general population. After they stop using these drugs people often experience mood swings and intense periods of depression for up to 3 months. These experiences can be very distressing and make it very difficult to cope.

# How do we know who will get a mental illness?

We can't know for sure who will get a mental illness if they take drugs, but we have an idea of who is at most risk of getting a mental illness if they take drugs.

## **You are most at risk:**

*If you have anybody in your extended family with a mental illness*

*and / or*

*You experience psychotic symptoms like delusions, hallucinations or paranoia after taking drugs.*

The earlier in life and more frequently you use drugs, the more likely you are to develop problems such as psychotic symptoms and mental health issues.

