

METH HARM
REDUCTION

INTRODUCTION

This resource was developed in consultation with people who currently use methamphetamine and are participating in the **Rock Solid Methamphetamine Peer Education Program**. The aim of the program is for Peer Educators to share harm reduction strategies with peers, in an informal way.

Harm reduction is about being aware of the risks, harms and effects of methamphetamine; knowing that sometimes things can go wrong, and what you can do to prevent or minimise those risks and harms.

This booklet includes information about what you can do to keep yourself physically and mentally healthy when using methamphetamine ('gear', 'meth').

METH

Methamphetamine is a stimulant drug, which means it speeds up the messages travelling between the brain and the body. Using gear can feel really good, and there are loads of reasons why people might use and these can include:

- To help you stay awake
- To give you energy
- To increase your confidence
- To connect with people and socialise
- To lower inhibitions and try things you wouldn't usually do
- Blow off steam / alleviate stress
- To increase sex drive
- To have the sex you want
- Make yourself feel happy/good
- To forget about your worries for a while
- To improve your mood

For most people using gear can feel really good, however for some people the good things and good times can start to be outweighed by the not-so-good things.

EAT



Having something to eat might be the last thing on your mind when using gear. However, your body can be pushed to the limit, and not eating for extended periods of time is not good for your brain and body.

Eating healthy foods can help reduce harms and keep you going for longer. If you're planning to party these tips might be helpful:

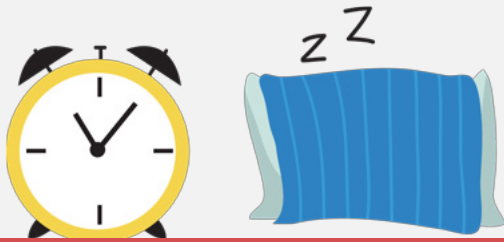
- Preload on healthy foods before you get on the gear (meals with protein and carbohydrate are great options, such as bread, eggs or pasta. Any food, even if you think it's unhealthy, is better than no food)
- Have some food at the ready for later on, when you start to crash and recover
- Eating, even if you don't feel hungry, helps fuel your body
- Smoothies are a good option as they can be easier to get down than food/meals



DRINK

It's common to become dehydrated and to forget to drink water when using meth. Meth makes your body temperature rise and makes you sweat more, which means you need more fluids to stay hydrated. If you inject your gear, being well hydrated can help make it easier to find a vein.

Keep yourself hydrated by drinking plenty of water (avoid sports drinks as they often contain caffeine and sodium). You should aim to drink between 250mls – 600mls per hour. Using a water bottle will help you to keep an eye on your fluid intake. Alcohol, caffeine and soft drinks don't count as hydrating drinks, as they will make you more dehydrated.



SLEEP

If you are using gear and running for a few days you won't be getting much sleep. Not getting enough sleep can have serious and sometimes irreversible effects on your physical and mental health. The longer you go without sleep, the higher your chances are of experiencing psychosis (paranoia, being suspicious, hearing voices or seeing things that other people can't see) or other mental health issues.

If you're planning on using meth or having a big one these tips might be helpful;

- Try and get as much sleep and rest as you can beforehand
- If you can't sleep, lay down in a dark, quiet room or non-stimulating environment, close your eyes, and try to relax and rest
- Take regular breaks between using and try to avoid using for more than one day consecutively
- Avoid using drugs like benzos, alcohol, antidepressants, opioids and heroin to get some sleep. Doing this can put you at risk of overdose



MEDICATIONS & OTHER DRUGS

Mixing drugs can be really harmful. It can affect how medications and other drugs work and can lead to death. **It's safer not to use other drugs with meth.**

When using methamphetamine with other drugs, some of the risks can include:

Viagra: decrease blood pressure, which can increase the risk of cardiac issues

Poppers: decrease blood pressure, which can increase the risk of cardiac issues

GHB: is a depressant and can cause overdose

MDMA: is a stimulant and has hallucinogenic properties, which can increase the risk of stimulant overdose

Heroin and other opioids: are depressants and can cause overdose

Alcohol: is a depressant, meth can mask the effects of alcohol

Antidepressants: can lead to serotonin syndrome (toxicity)

HIV medication: may affect how your HIV medications work

PIEDS/ROIDS/Supplements: some supplements or performance and image enhancing drugs may contain caffeine or other stimulants, which can increase the risk of stimulant overdose



SEXUAL HEALTH

IF YOU ARE MIXING THESE DRUGS TOGETHER CONSIDER THESE TIPS:

- Never use alone
- Tell someone which drugs you are using and ask them to keep an eye out for you
- Using opioids (heroin or pills) to get some rest or sleep can be dangerous. You can be more vulnerable to overdose and might be less careful when using; plan how much you're going to use before the crash
- Talk to an AOD friendly doctor about your medications and have an honest chat about your meth use and how it might affect your medications
- Remember some drugs, when used together can amplify the drug's effects, using smaller doses of each can help reduce harm
- Talk to your AOD worker or GP about getting some naloxone, the drug that reverses the effects of opioid overdose

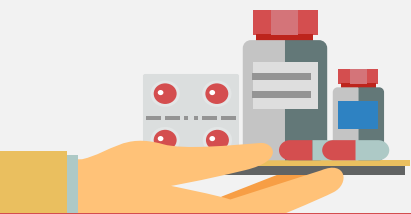
Having sex on gear can be really good. Here are some things to keep in mind to help look after your physical and sexual health:

Short-term Effects:

- Decreased inhibitions (to ask for the type of sex you want to be having or to do things you normally wouldn't do)
- Increased energy and libido for longer sex sessions
- Can decrease likelihood of orgasm for men and women
- Can cause erectile dysfunction ('crystal dick', 'rock cock')
- Sex injuries, penis, vagina, arse (tears, abrasions, breaks)

Long-term Effects:

- Delayed / inability to orgasm
- Erectile dysfunction
- Strong connections between sex; gear; every time you want to have sex you get on gear; every time you get on gear you want to have sex



WAYS TO PROTECT YOUR SEXUAL HEALTH

If you are having sex on gear, you need to consider how you will reduce the risk of STIs, HIV and unwanted pregnancy. Good sexual health also includes negotiating the sex you want and ensuring consent is communicated.

PrEP: Pre-Exposure Prophylaxis is an antiretroviral medication that, when taken daily, is highly effective at preventing HIV. It does not protect from other sexually transmitted infections. It is important to note that PrEP may be less effective at preventing HIV from shared injecting equipment. Speak to a doctor about accessing PrEP via a prescription. *For more information see: www.waaid.com/hiv/where-to-get-prep.html*

PEP: Post Exposure Prophylaxis is an emergency medication that you can take for a month if you think you have been exposed to HIV. *For more information, call the PEP line on 1300 767 161.*

Medication Reminders: set reminders in your phone to help you remember to take medications (such as PrEP, anti-retroviral, the contraceptive pill). This can really help when you are running for a few days, or haven't slept

Condoms and gloves: condoms and gloves are an effective method for reducing the risk of contracting sexually transmitted infections (STIs) and HIV.

Sex toys: use a condom for sex toys and clean them between use

Lube: can prevent injuries like tears and abrasion during long sex sessions as well as preventing condoms from breaking

Sexual health tests: getting regular sexual health tests for all STIs and HIV is an important way of protecting both yourself and your partners.

Planning for and getting the sex you want: sex sessions might involve multiple partners or behaviours that might be new to you. Talking about what you consent to before and during the session is important.

Consent: you might have been up for it at the beginning (multiple partners, sexual behaviours, sex), however if you change your mind you can withdraw consent. Everyone has the right to stop and say no at any time, for any reason.

Planning your drug use during sex sessions: plan how much drugs you plan to take during a sex session. Things can get exciting in the heat of the moment, which means you might use more gear than you planned, or someone else might get your gear ready for you (e.g they might mix up for you and inject you). **KNOW** your limits and tell the person how much and what else you've had.

Injecting equipment: bring your own, bring enough and check that new syringes are being used if someone else mixes up or injects for you



CONTRACEPTION

There are a number of different ways you can avoid an unplanned pregnancy. It is important to speak to a GP or go to a sexual health clinic to find out what is most suitable for you.

COMMON FORMS OF CONTRACEPTION:

Condoms including female condoms: also protect against STIs and Blood Born Viruses

Contraceptive pills: need to be taken daily

Implanon (implant): small plastic rod that is inserted in the upper arm, the implant lasts for three years.

Depo Provera (injections): artificial hormone that is injected into the upper arm, the injection lasts three months

Emergency contraception: the emergency contraceptive pill (or the morning after pill) is a hormone pill that can be taken by females to prevent pregnancy up to 5 days after having unprotected sex

MENSTRUAL CYCLE

Meth can affect the sex hormones that control your period. Women who use can sometimes experience abnormal bleeding or other disruptions that can affect the cycle. If you experience these symptoms have a chat with your GP and be honest about your meth use, they can advise what is best for you.



PREGNANCY

Using Meth while pregnant can cause harm to a growing baby. Some effects include: pre-term delivery, birth complications, and withdrawal symptoms. **Using Meth while pregnant can cause harm to a growing baby.** Good nutrition, adequate rest and avoiding stressful situations can help grow a healthy baby.

SOME EFFECTS OF METH USE DURING PREGNANCY CAN INCLUDE:

A Low BMI: can increase the chance of complications during pregnancy and can affect a babies growth

Placenta Blood Flow: Meth can affect the amount of blood that reaches the placenta. The placenta supplies the baby with oxygen and essential nutrients during pregnancy. Meth and other drugs can cross the placenta barrier in to the baby's blood stream. Exposure can affect growth and development.

Fetal Hypoxia: this is an insufficient amount of oxygen reaching the baby

Pre-term birth: baby can be born earlier than expected

Withdrawal: baby can be born experiencing meth withdrawal

Low birth weight / slowed physical growth: your baby could be born smaller and underweight, and experience slower physical growth through childhood. A smaller baby can mean that the baby's vital organs can be underdeveloped which can lead to other health complications

Neurodevelopmental problems: meth can increase the risk of baby having a smaller sized brain at birth and lifelong developmental problems

Reducing or stopping meth and other drug use (including alcohol) anytime during pregnancy is the safest for mum and baby



WHAT YOU CAN DO

Talk to your doctor: If you are pregnant or thinking about having a baby it is a good idea to talk to your GP about your meth use, they can advise you the best way going forward to protect the health of your baby and yourself.

Pregnancy health checks: Having regular pregnancy health checks is a great way to make sure you are doing your best to look after you and the health of your baby.

Don't be afraid to ask for help: There is lots of help out there, having friends and family who you can ask for help is great. There are also lots of health services who can support you and provide you with advice and help.

Partner Support: If you are in a couple/relationship during the pregnancy, it may be important for people in a relationship to recognise there is a shared responsibility around using during pregnancy. It may be harder to abstain from using when your partner is using around you. It is important to have an open conversation with your partner about this.

DENTAL HEALTH



Meth mouth refers to poor oral hygiene that can come from meth use. Using meth can decrease the amount of protective saliva around the teeth, this saliva is used to protect your teeth and gums from acids. Without saliva, acids can erode tooth enamel making your teeth and gums more vulnerable to cavities and infections. In addition to this, there are some chemicals found in meth that reduce tooth enamel.

Other dental issues can arise from grinding and clenching teeth, combined with the reduced enamel this can cause teeth to break away. It is important to deal with dental issues as they arise, fixing the problem when it's smaller to help avoid bigger problems later on.

How to prevent poor dental health:

- Chew sugar free gum
- Choose non sugary drinks or drinks with low sugar
- Brush your teeth regularly
- Stay hydrated with water
- Visit a dentist when any concerns arise

Having an unhealthy mouth can affect many aspects of your life:

- **Speech:** Missing teeth and a dry mouth can affect your speech making communication harder
- **Eating:** The mouth is the first part of the digestive system, healthy teeth increase your ability to eat healthy food
- **Smell:** Dry mouth and gum disease can cause bad breath
- **Poor appearance:** Can affect your confidence
- **Behaviour:** Dental issues can cause you to be in a lot of pain, which can affect your mood and behaviour

HEART HEALTH

Using meth can increase your risk of heart disease, some signs and symptoms include:

- Shortness of breath (even if doing little activity)
- Lack of energy
- High blood pressure
- Irregular pulse
- Needing to be propped up by pillows when going to bed to make breathing easier
- Swollen feet and ankles

You may think these signs and symptoms are part of the come down and that you just need some rest, however, these signs may indicate serious heart conditions.

Speaking to your doctor and having an honest conversation about how you are feeling, about your drug use and any concerns you may have, can help the doctor to identify if you need to look further into your heart health.

It is good to know that many methamphetamine related heart conditions can be reduced by stopping your meth use.



MENTAL HEALTH

People who use meth are at a higher risk of experiencing a range of mental health issues, such as: depression and/or anxiety; difficulties with memory, concentration and mood; insomnia, or psychosis or psychotic behaviour.

For some people, these symptoms could be a result of their meth use, and in most cases, will resolve when the meth use stops.

For other people, there may be some pre-existing or underlying mental health issues, such as schizophrenia or bipolar disorder. It is important to be aware of and consider any pre-existing mental health issues you may be predisposed to, as you may have a higher chance of experiencing psychosis.

Experiencing a drug-induced psychosis puts you at further risk of a future psychotic episode, even when taking lower doses.

PSYCHOSIS

Long-term, or even short-term meth use can cause psychosis. A person experiencing psychosis might have delusions, paranoia, hallucinations, or obsessive-compulsive behaviours. They might also have bizarre thoughts, feelings and behaviours, become withdrawn or easily startled and fearful. This can be really scary for you and the people around you.

Sometimes it can be hard to know what psychosis means. It can include things like:

- Thinking someone is following you
- Feeling you have super human powers
- Thinking your phone is being monitored
- Thinking people are talking about you
- Constantly looking out the window and/or checking the roof space
- Obsessive picking at sores or wounds, injection sites, feeling like bugs are under your skin

To reduce the likelihood of psychosis:

- Keep track of how much you are using and how often you use
- If you find you are becoming paranoid or anxious, consider decreasing how much you use and how often you use for a while
- Take regular breaks, avoid using for a few days
- Get some sleep, drink fluids and have something to eat
- After a break ask your friends if they are worried about your use and if you have been displaying any of the above behaviours
- Consider having a plan for what to do if one of your friends starts acting strangely

HOW TO HELP SOMEONE EXPERIENCING PSYCHOSIS

If you know someone is experiencing psychosis:

- Use their name, communicate calmly and reassure them
- Take them out of a stimulating environment, to a calm, quiet place with fewer people around no lights, TV, music, traffic
- Distract them by talking about something else
- Get them somewhere cool and get them to sip water
- Don't tell them that their experience isn't real – it's important to remember that what they are experiencing is very real to them and telling them it isn't may upset them further
- Don't get angry with them or confront them
- Don't dismiss or laugh off their delusion
- Don't leave them on their own
- Don't put yourself in danger
- Get help if they are getting worse – call an ambulance on 000 (Triple Zero)

If the person is a harm to themselves, you or others, call 000 (Triple Zero) Police (give police as much information as possible about the situation, to support a mental health response)

BACKUP PLAN

When you're getting on, it can be really helpful to have a friend or someone that you can call while you are high, just in case something goes wrong or you need to chat

- Choose someone who knows that you use, will not judge you, who is ok with being called if something goes wrong and knows how to help.
- Talk with them about what has helped before or how you would like to be helped.
- It's important that you have a backup plan if something happens so that you are not left alone in a harmful situation.



OVERDOSE/TOXICITY

When someone has used too much meth (toxicity) they can have a range of symptoms which will need to be managed or may be a medical emergency.

If someone is experiencing the following it is a medical emergency and 000 (Triple Zero) needs to be called for an ambulance.

Some of the signs include:

- Getting very hot, but not sweating
- Feeling like you're having a stroke – headache, loss of balance, blurred or decreased vision in one eye, difficulty speaking, experiencing numbness or partial paralysis
- Chest pain
- Breathing difficulty
- Seizure / fits
- Becoming unconscious



If someone is showing the following signs, keep an eye on them and manage the symptoms as they may get worse and need medical help:

- Feeling anxious
- Constant headache
- A racing heart / pulse
- Increased sweating
- Excessive thirst
- Short of breath
- Nausea and vomiting
- Chest pain

It can be hard to admit you may have overdone it on meth to the doctor or ambulance officer, but it's important that you are honest so that you can receive prompt and appropriate medical treatment. It could be the difference between life, death or a permanent disability.

EQUIPMENT

Whether you choose to smoke or inject gear, you need to make sure you have new sterile equipment (needles, syringes or pipes) to use ahead of time. Rather than waiting until you're shaking with excitement and your stomach is doing backflips because you've got a bag of meth in front of you, make sure you have plenty of equipment on hand.

- It's a good idea to have a spare pipe just in case you drop or lose your current one
- Have enough injecting equipment in case friends or others come around and you end up using more.
- Have plenty of swabs on hand to clean surfaces, hands, fingers, pipes and/or injection site
- Have safe disposal containers to make sure used sharps are disposed of correctly
- Having plenty of equipment reduces the risk of sharing and the risk of HIV, Hepatitis C and/or other blood borne virus transmission.

GEAR

It's important to remember that every batch of meth is different and every person is different. The effects of the drug can change dependant on many things including: potency, purity, and the person who is using.

Some tips to keep in mind can be:

- Try a little bit first to gauge its effect on you - remember that every batch is different and every person is different.
- It's always best to purchase from someone who you know and trust, rather than a random dealer you've just met or through a friend of a friend of a friend.
- Ask the dealer about the quality of the gear and what it's like in comparison to the last batch you bought from them.
- If someone is giving you free drugs, it's important to question their motive. The same goes for someone who insists on mixing up for you. While there may be no sinister motive, it's a good idea to take a look at the drugs first to make sure it's what they say it is and watch to make sure the equipment they use is new and sterile, and that everything is as you would want it to be.
- Don't be shy to say no if you're unsure. If you say no and they don't take it well, there is reason to be suspicious of their motives.



FRIENDS

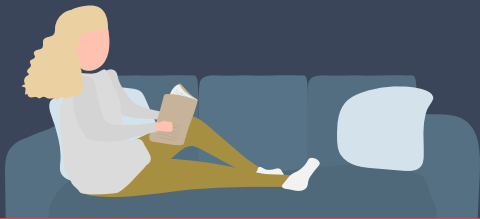
The social aspect of using can be one of the reasons people choose to use meth. However, it's important to use with people you feel comfortable with and trust. Some things to consider are:

- If you can, use with a friend that you trust and who won't bail on you or leave for a better offer.
- **Plan:** It's easy to be spontaneous and go with the flow, but try and plan who you're going to use with, where you're going and what you're doing as much as possible. Try to stick to some sort of plan and have some ground rules between yourself and your friend to keep each other safe and for when you are coming down.
- If you're going to chill at home, make a plan of what you're going to do once you've used, for example, some games, music or a comfy place to relax. If you're going to head out, it's best to go somewhere familiar you're comfortable with.

BOUNDARIES

Whether it's how much you want to use, how long you want to use for, how much you can afford to spend, or what you plan to do when using, it's important to know your limits and do your best to stick to them.

- It's always a good idea to pay your rent and bills first before you buy your drugs so you don't get caught out later
- Buy as much gear as you plan to use, and then leave your bank card at home to take away the temptation of spending more money than you can afford to
- Try to avoid borrowing money off friends or getting credit from your dealer so that you don't rack up debt or put strain on your relationships
- Have an escape plan if things get too hectic when you're out and about – have a safe place that you can go to and a plan on how you can get there
- If you plan to hook up or have sex, plan for the sex you want to have and negotiate with yourself and your partner/s, what you are ok with, or not ok with
- Having enough credit in your phone and letting someone know who you're hooking up with or where you are going can help to keep you safer. If your hook up isn't okay with that, then you might wonder why?



COMING DOWN

A whole range of things can happen when you're coming down. Symptoms vary from person to person and are dependent on the amount you've used, how often you use and if you've been using other drugs. Some signs of coming down are:

- Cravings for more gear
- Feeling sad or depressed
- Lack of energy and motivation
- Feeling anxious
- A sense of hopelessness
- Irritable
- Feeling exhausted
- Hunger
- Wanting to sleep for long periods

Coming down is going to happen at some stage— what goes up must come down. Some people will try and avoid coming down by using more gear. This might relieve some of the feelings associated with coming down in the short-term, but the more meth you use, the more severe the come down will be in the end.

Some things you can do to make your come down a little more comfortable are:

- Plan time to come down. If you've got three days off, plan day three for coming down and crashing to avoid using on other days and affecting other commitments (such as work).
- Eat, even if you don't feel like it. Eating something high in protein and carbohydrate can do wonders for your energy levels, mood and motivation.
- Drink, because it's likely that you'll be dehydrated. Water, electrolyte drinks and fruit juices are all good choices
- Sleep, to enable your brain, muscles, blood vessels and heart to recover and to function normally again
- Distract yourself by doing something relaxing like watching a movie in a dark room if you can't sleep
- Be kind to yourself and avoid stressful situations until you're feeling back to normal again
- Let people know you are crashing and that you might need some space
- Save 'big' conversations until you have gotten some rest

Remember, no matter how intense your cravings are, how depressed or anxious you might feel and how hopeless things may seem, these feelings are temporary and will eventually pass.



SUPPORT

There are many options out there when it comes to support for meth use, and alcohol and other drug use. Don't be afraid to ask for help if you need it.

- Seek help if you feel unwell mentally or physically
- Counselling can help you talk through your problems and find solutions to them. Counselling can be provided individually or in a group situation
- Cognitive Behaviour Therapy is proven effective for people who use meth to help reduce or stop using
- Speak to your doctor, alcohol and drug treatment service or local community health service.

LEGAL

In Australia, meth is considered an illicit drug. In Western Australia it is illegal to possess, manufacture, cultivate or supply any illicit drug.

Charges will depend on the offence, however can include:

- **Possession offences:** this refers to physically carrying a substance, or having in your car or place of residence. Charges can include a maximum fine of \$2000 and/or 2 years imprisonment
- **Supply offences:** this refers to supplying illicit drugs to others, this can include supplying to friends and family. Charges include a maximum fine of \$100 000 and/or 25 years imprisonment. Giving it to someone is also classed as a supply offence.

What do I do if I am caught by the police with methamphetamine on me?

If you are caught, even with a small amount of meth on you the police will confiscate the substance and they can arrest you. The best thing is to keep calm and be as polite as possible. If you are unsure what to do you can contact Legal Aid for legal advice on **1300 650 579**.

THINKING OF STOPPING

There are many reasons people may want to stop or cut down using meth some include: it's harming their physical and mental health; financial or employment reasons; and social reasons including relationships between friends and family. If you are thinking of stopping your meth use it is important to know there is lots of help out there!

Alcohol and Drug Support Line

Provide a non-judgemental and confidential counselling telephone line, with referral services for anyone seeking help for their own or someone else's alcohol or other drug use. Phone **(08) 9442 5000** or metro callers, **1800 198 024** for country callers or by the online chat (www.alcoholdrugsupport.mhc.wa.gov.au) to speak with someone today.

Next Step Drug and Alcohol Services

Provide treatment services for those experiencing problems with their alcohol and other drug use, and provide support for families. Phone **(08) 9219 1919** to speak to someone today.

When it comes to stopping or cutting down, it can be scary not knowing what to expect. It can be helpful knowing some of the withdrawal symptoms you may experience. Some of these symptoms may only last a short time and some may last for a longer period. It is important to remember these symptoms are only temporary and they usually start to settle after around 1-3 months from when you stopped.

Symptoms can include:

- Exhaustion
- Depression
- Mood swings
- Feeling anxious, irritable or agitated
- Lack of energy or feeling flat
- Poor sleep
- General aches and pains
- Headaches
- Paranoia or strange thoughts
- Cravings to use again
- Dysphoria (acutely unhappy)

It's important when you are thinking about quitting to have a plan before. Organising support is really important, as you want to make sure you have the right people around you when you are withdrawing. This may be friends, family, GP or health worker; or support groups such as Narcotics Anonymous. It's also important to organise a safe environment where you feel safe and won't be surrounded by other people using.

Tip: Have an honest conversation with your GP and let them know you are trying to stop or cut down. This helps your GP to determine what medications are right for you.

RELAPSE

- Stopping using meth can be really hard and relapse may be part of the process.
- Relapse doesn't mean failure, relax it's normal
- It's an opportunity to adjust your plan and think about strategies to reduce relapse.
- Identifying triggers is part of the plan.
- Most people are successful in their aim to reduce or stop use.

NOW WHAT? MANAGING AFTER YOU'VE STOPPED

- How to cope in difficult situations
- How to fill in your time
- How to manage emotions
- How to manage cravings
- What helps motivate you
- 'Fake it till you make it', sometimes it can be hard doing things you once enjoyed, when you don't feel a lot of joy. Keep at it, go for a walk, a surf, to the gym, it will get easier.

SERVICES AVAILABLE

WA AIDS Council: (08) 9482 0000

Provides Needle and Syringe Exchange Program and support services for people living with HIV

PBHRWA Peer Based Harm Reduction WA: (08) 9325 8387

Needles and Syringe Exchange and Support Service

HepatitisWA: (08) 9227 9800,

Hepatitis C testing and treatment services and Needle and Syringe Program

Lifeline: 13 11 14,

24 hour telephone crisis support and suicide prevention service

Alcohol and Drug Support Line: Metro (08) 9442 5000

24 hour telephone line providing counselling services and referrals

Next Step Drug and Alcohol Services: (08) 9219 1919

Provide treatment and support services

Cyrenian House: (08) 9328 9200

Alcohol and other drug treatment service

Palmerston: (08) 9328 7355

Alcohol and other drug support services including counselling, group support and residential rehabilitation

Drug and Alcohol Withdrawal Network (DAWN): (08) 9388 5000

A home-based treatment service for individuals who want to reduce or cease their substance use safely.

Women and Newborn Drug and Alcohol Service (WANDAS): (08) 9340 1582

a specialist team for pregnant women using alcohol or other drugs based at King Edward Memorial Hospital

Legal Aid: 1300 650 579

legal advice info line and legal services



Western Australian
AIDS COUNCIL