



OTHER DRUGS (Hallucinogens and Depressants)

There are a wide range of drugs that are just as harmful as the more commonly used drugs, such as ecstasy or marijuana. These drugs can be depressants, such as sleeping pills and heroin or hallucinogens such as LSD, magic mushrooms or Ketamine.

HALLUCINOGENS AT A GLANCE (Acid/LSD, Magic Mushrooms, Ketamine)

The signs and symptoms of using hallucinogens can include:

- » Altered perception
- » Drowsiness
- » Insomnia
- » Numbness
- » Hallucinations
- » Confusion
- » Disorientation
- » Vomiting
- » Nausea
- » Paranoia

Consequences of using hallucinogens may include:

- » Anxiety
- » Flashbacks
- » Fear from hallucinations
- » Paranoia
- » Confusion
- » Dependence
- » Self harm
- » Lack of coordination
- » Depression
- » Violence

DEPRESSANTS AT A GLANCE (Heroin, Sleeping tablets, other Opiates)

The signs and symptoms of using depressants can include:

- » Confusion
- » Slurred speech
- » Slow breathing
- » Low blood pressure
- » Reduced coordination
- » Low heart rate
- » Lethargy/Drowsiness
- » Nausea and vomiting

Consequences of using depressants may include:

- » Highly addictive
- » Depression
- » Menstrual irregularity and infertility in women
- » Chronic constipation
- » Infections
- » Overdose and death
- » Mood swings
- » Reduced sex drive
- » HIV and hepatitis if injecting
- » Anxiety

Effects of using depressants:

Street heroin is mixed with many other chemicals, making it highly poisonous and difficult to estimate its purity. This makes accidental overdose more likely, as well as increasing the risk of skin, heart and lung infections. The risk of contracting blood borne diseases such as HIV/AIDS or hepatitis B and C also increases or people who share needles.

Long term complications from using depressants include constipation, mood swings, depression and other mental health issues, memory impairment, irregular periods and infertility in women and loss of sex drive in men. People who use depressants regularly are also likely to develop a tolerance to the drug, as well as a physical and psychological dependence to it.

Adapted from Australian Government Illicit Drugs in Sport Education Program

