



Substance Misuse

Risks & Consequences

Alcohol

Alcohol is the most widely used psychoactive substance in Australia.

Excessive alcohol consumption can lead to short-term effects like impaired judgment, coordination, and increased risk of accidents.

Long-term alcohol misuse can result in liver disease, cardiovascular problems, and mental health issues. Alcohol misuse during pregnancy can cause fetal alcohol spectrum disorders (FASD).

Methamphetamine (Ice)

Methamphetamine, commonly known as "ice," is a potent and highly addictive stimulant drug.

Ice use can lead to a range of health issues, including cardiovascular problems, psychosis, and tooth decay.

Long-term ice misuse can cause cognitive impairments, anxiety, and aggression. Ice misuse has been a growing concern in Australia, with significant social and community impacts.



Cannabis

Cannabis is the most widely used illicit drug in Australia.

Regular cannabis use can impact memory, attention, and learning ability.

Long-term cannabis misuse may lead to mental health issues, such as anxiety and psychosis.

Driving under the influence of cannabis is illegal and increases the risk of accidents.

Prescription Drug Misuse

Prescription drug misuse is a significant issue in Australia.

Misusing prescription opioids, such as codeine and oxycodone, can lead to dependence and overdose.

Benzodiazepines (e.g., diazepam) misuse can result in sedation, memory impairment, and addiction.



It is essential to follow healthcare professionals' instructions when using prescription medications.

[Ecstasy - MDMA](#)

Ecstasy (MDMA) is a synthetic psychoactive drug with stimulant and hallucinogenic effects.

Ecstasy misuse can cause increased heart rate, dehydration, and hyperthermia.

Prolonged use of ecstasy can lead to serotonin depletion, resulting in depression and anxiety.

Mixing ecstasy with other substances, such as alcohol, can increase health risks.



There are a wide range of support and resource options available at the ELPIS Foundation of Australia for those who are or may know someone affected by drug or alcohol addiction.

Reach out to ELPIS today.

Tel: (02) 9816 1859

E: info@elpisfoundation.org.au

Emergency Support Information

The ELPIS Foundation of Australia is not a crisis centre and cannot provide crisis support.

If you or someone you know needs immediate help, please call:

Emergency | 000

Alcohol and Drug Information Service (ADIS)

02 9361 8000 or free call 1800 422 599 (NSW regional and rural callers).

Lifeline Australia – 13 11 14

<https://www.lifeline.org.au>

1800 RESPECT

<https://www.1800respect.org.au>

Alcoholics Anonymous

<https://aa.org.au>

Narcotics Anonymous

<https://www.na.org.au>