

**Alcohol**

**1. Brain**

- Memory loss
- Hallucinations
- Brain damage

**2. Lungs**

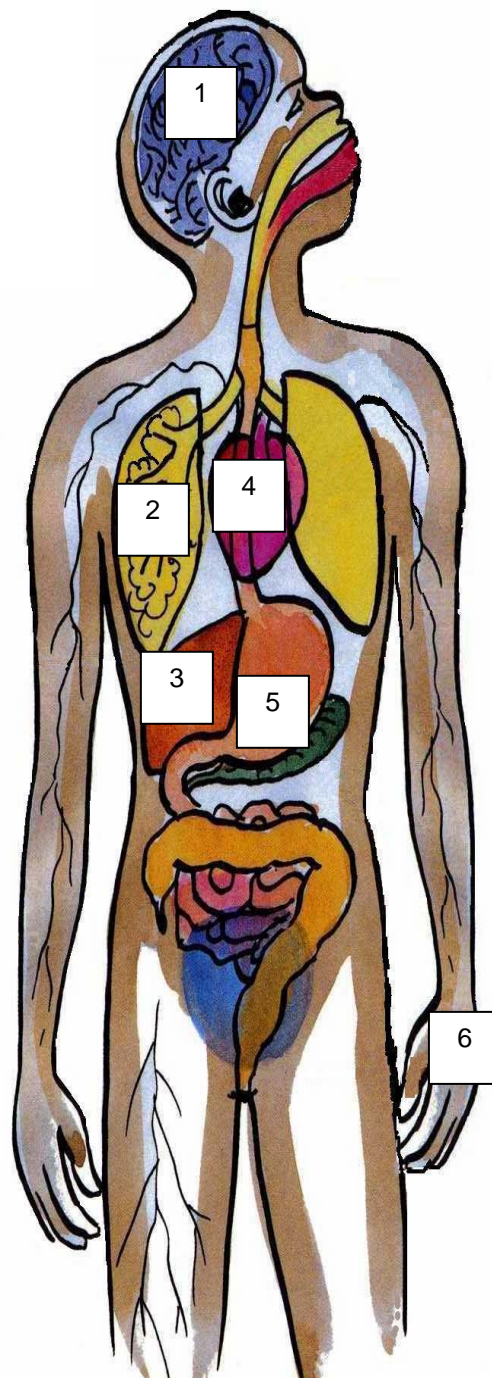
- Coughing

**3. Liver and pancreas**

- Hepatitis
- Swollen liver
- Cirrhosis
- Diabetes
- Pancreatitis

**4. Heart**

- High blood pressure
- Enlarged heart



**Effects of Alcohol use**

**Signs & Symptoms**

- Fits
- Hallucinations
- Memory loss
- Headaches
- Numbness
- Vomiting

**5. Stomach**

- Ulcers
- Gastritis
- Vomiting blood

**6. Hands and feet**

- Tingling and numbness

**People who drink alcohol also experience behavioural problems such as aggression, mental and emotional health problems that includes anxiety and depression.**

**Cannabis**

Ganga, Yarni, Pot, Marijuana, Weed, Grass. Skunk, Dope, Hash

**1. Brain**

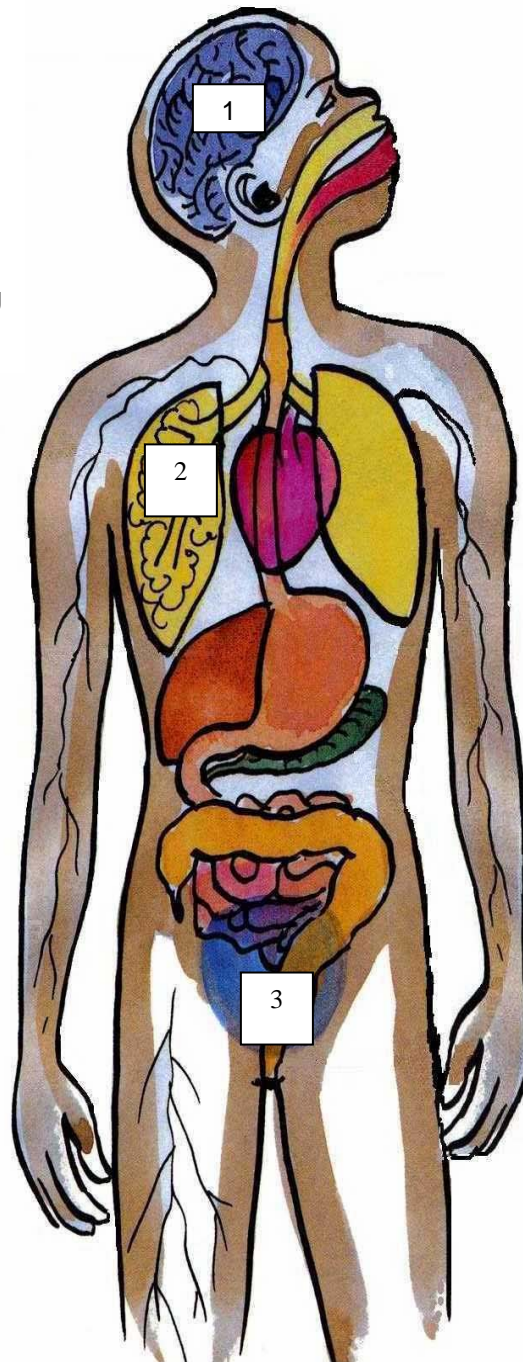
- Hallucinations and paranoia
- Anxiety and panic
- Problems with learning and remembering

**2. Lungs**

- Cancer
- Bronchitis
- Respiratory diseases

**3. Sex organs**

- Lower sperm count/irregular menstrual cycles
- Less sex drive



**Effects of Cannabis Use**

**Signs & Symptoms**

- Vomiting
- Reddened eyes
- Eating more
- Confusion, anxiety and panic
- Memory loss

**Amphetamines, Ecstasy, LSD**

**1. Brain**

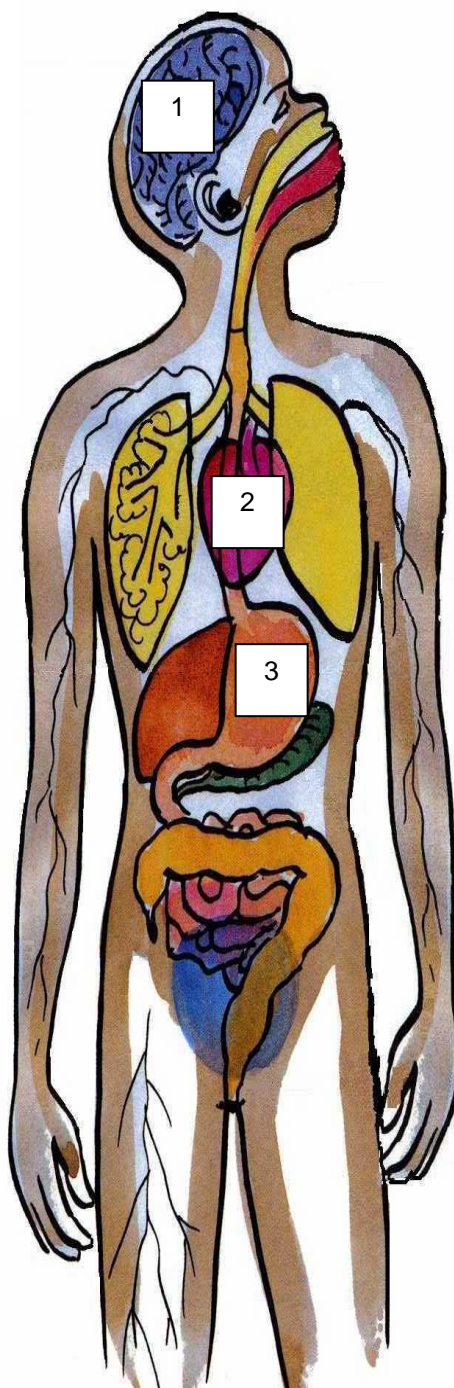
- Hallucination and paranoia
- Loss of concentration
- Anxiety and fear
- Delusion
- Bizarre behaviours
- Aggression and violence

**2. Heart**

- High blood pressure
- Rapid and irregular heartbeat

**3. Stomach**

- Reduced appetite
- Stomach cramps
- Malnutrition



**Effects of Amphetamines Use**

Signs & Symptoms

- Dry mouth
- Sweating
- Large pupils
- Wide awake and alert
- Increased heart rate, breathing and blood pressure
- Less eating
- Can't sleep
- Restless and excited
- Panic and anxiety
- Anger and aggression

**Inhalants**

**1. Brain**

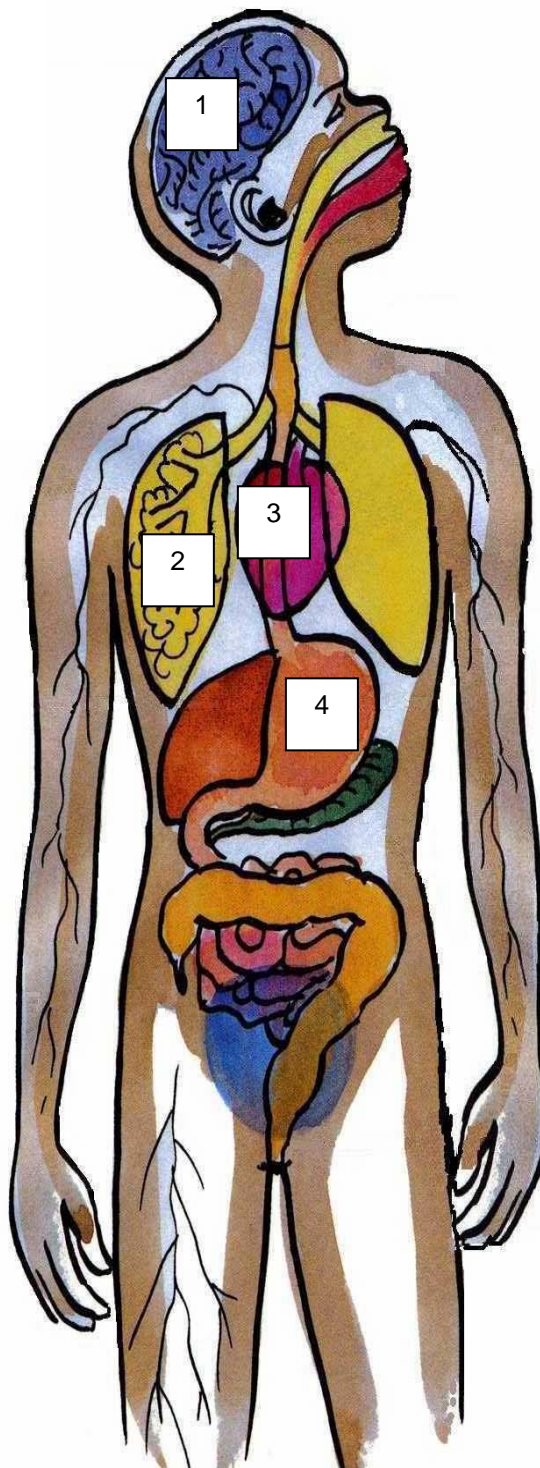
- Memory loss
- Hallucination
- Brain damage
- Stroke
- Fits

**2. Lungs**

- Coughing
- Lung damage

**3. Heart**

- High blood pressure
- Enlarged heart



**Effects of Inhalants use**

Signs & Symptoms

- Fits
- Hallucination
- Memory loss
- Headaches
- Numbness
- Vomiting

**4. Digestive problems**

- Nausea and vomiting
- Constipation
- Weight loss and malnutrition

**Benzodiazepines**

**1. Brain**

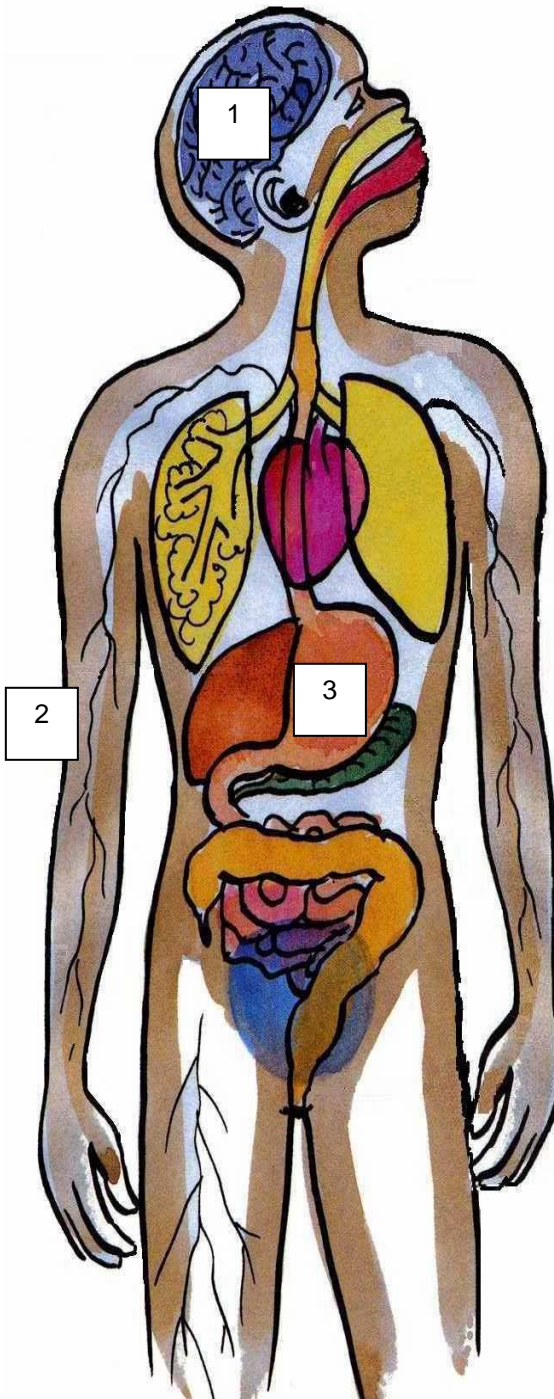
- Memory loss
- Headaches
- Blurred vision
- Drowsiness
- Increased sleep
- Can't concentrate
- Impaired coordination

**2. Skin**

- Rashes

**3. Digestive system**

- Dry mouth
- Nausea
- Constipation



**Effects of Benzodiazepines**

Signs & Symptoms

- Dry mouth
- Skin rash
- Dizziness
- Headaches
- Nausea
- Blurred vision
- Drowsiness
- Loss of memory
- Loss of coordination
- Constipation
- Confusion

**Heroin**

**1. Brain**

- Drowsiness
- Loss of coordination
- Impaired vision

**2. Lungs**

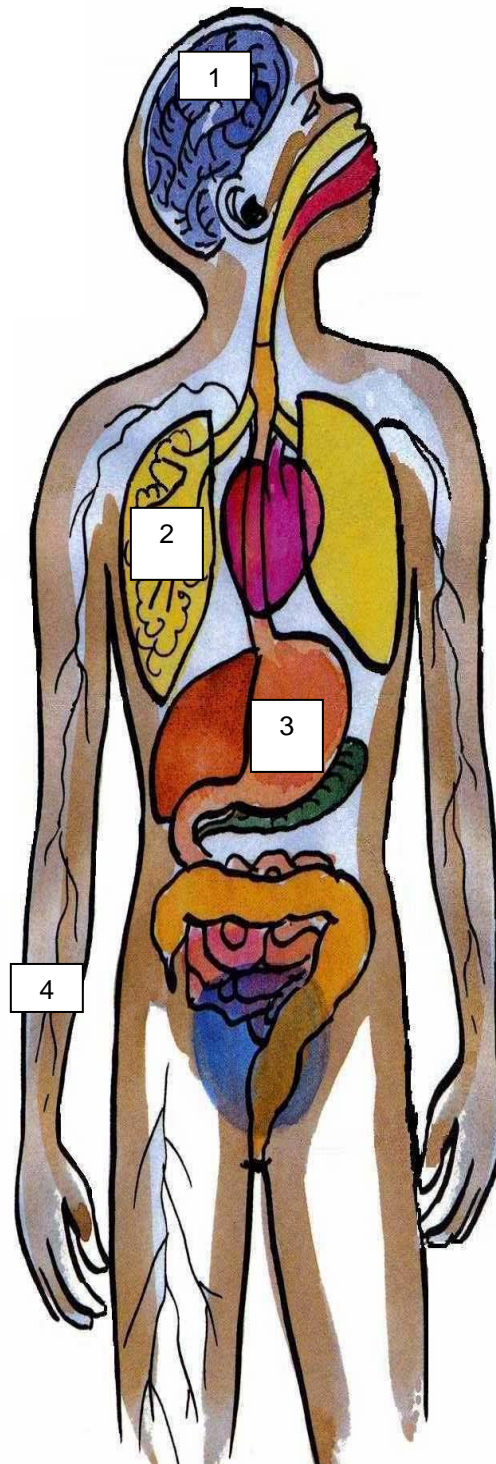
- Slowed breathing
- Pneumonia

**3. Digestive problems**

- Nausea and vomiting
- Constipation
- Weight loss and malnutrition

**4. Veins**

- Collapsed veins
- Abscesses
- Blood borne viruses

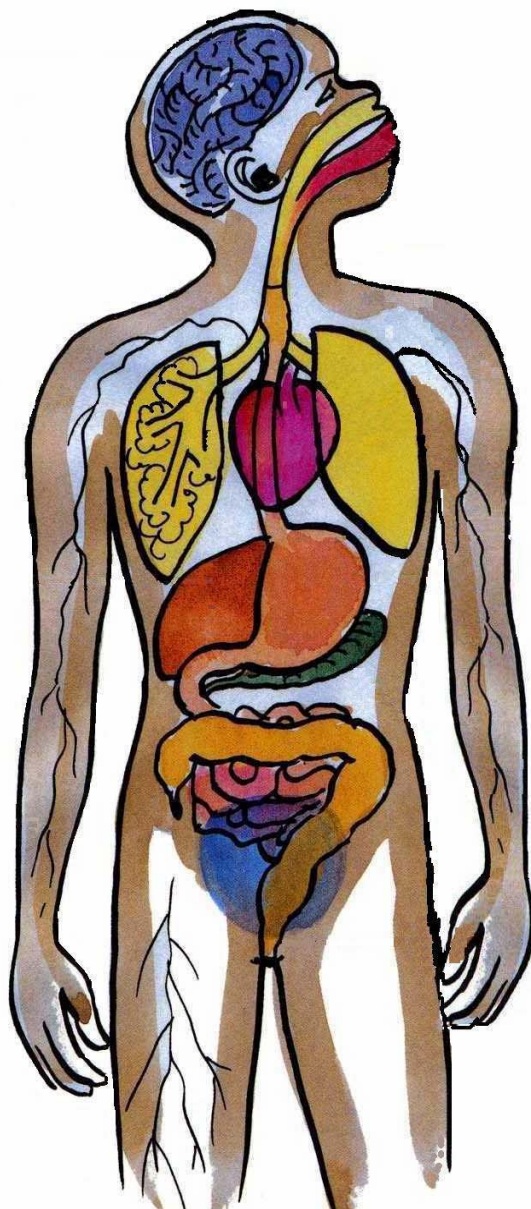


**Effects of Heroin Use**

**Signs & Symptoms**

- Nausea and vomiting
- Pinpoint pupils
- Drowsiness
- Itching and scratching
- Loss of coordination
- Confusion
- Constipation

All Drugs



Effects of All drugs use
<ul style="list-style-type: none"> <li>• Difficulties paying for food &amp; bills</li> <li>• Problems with diet and nutrition</li> <li>• Aggressive behaviours and fights</li> <li>• Legal Strife</li> <li>• Problems with emotional well-being (feeling down in the dumps, sad, slack, nervous, scared, hopeless)</li> <li>• Unsafe in the home</li> <li>• Thoughts of harming self or others</li> </ul>
<p><b>Note: Workers to discuss the effects of drug use with clients regarding the 7 Ls model eg. Liver, lover, livelihood, lores, legal, land, loss and grief.</b></p>

**Combining drugs use can increase the effects however it can also increase the risk of serious health consequences including mental, emotional, physical and social wellbeing**

**Emotional well-being**

**Depression**

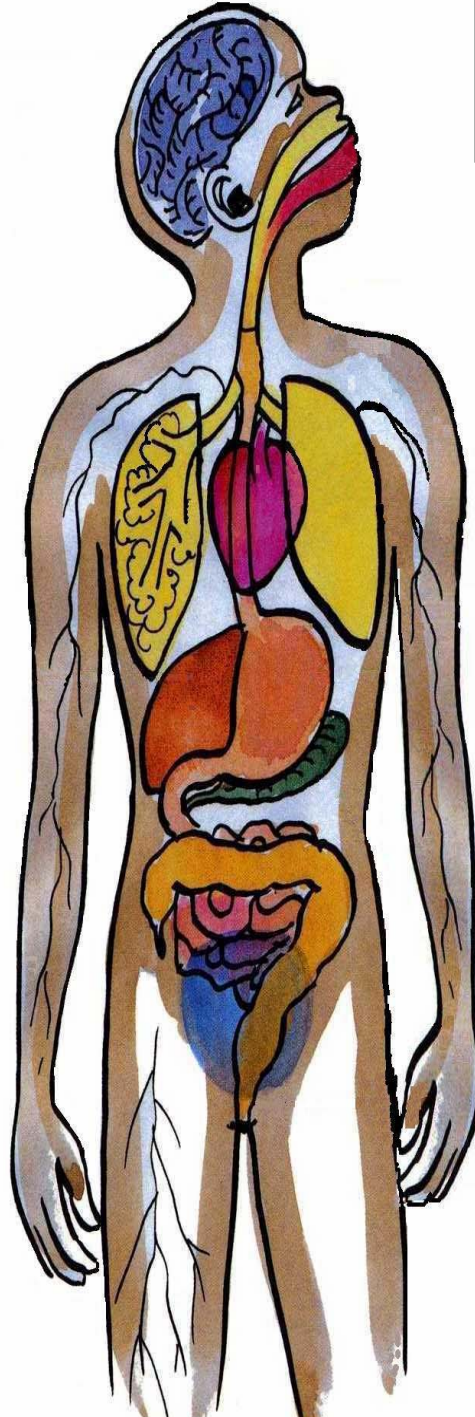
- Feeling sad, slack or down in the dumps
- Unable to think clearly
- Thoughts of harming yourself

**Trauma**

- Shock from stressful events
- Nightmares
- Flashbacks
- Memory lapses

**Anger**

- Feelings of rage
- Feeling hostile
- Having temper
- Behaving aggressively



**Hallucination**

Seeing or hearing things that other people don't see or hear

**Anxiety**

- Feeling nervous, scared or worried
- Sleeplessness
- Palpitations - heart racing
- Breathing problems
- Sweating
- Stomach upsets

**Drug Use**

- Using drugs to cope with life

**Grief and Loss**

- Feelings of loss related to a significant event in your life



# Kava

## 1. Brain

- Worsening of pre-existing mental illness
- Light sensitivity
- Sleeplessness
- Decreased motivation
- Loss of muscle control

## 2. Skin

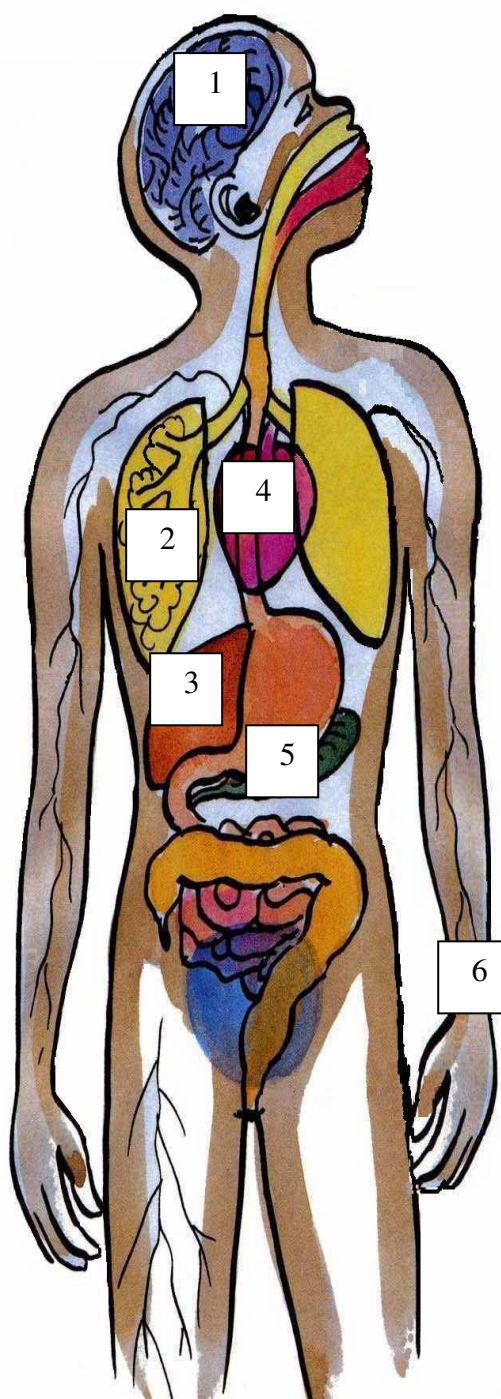
- Scaly skin "crocodile skin"
- Infections – particularly melioidosis

## 3. Liver and Kidney

- Biochemical changes
- Liver damage
- Blood in urine

## 4. Heart

- Contributing factor to heart disease
- Pulmonary hypertension



## Effects of Kava use

### Signs & Symptoms

- Difficulty breathing
- Scaly skin
- Memory loss
- Relaxation of muscles
- Numbness in mouth or throat
- Vomiting
- High blood pressure
- Red eyes

## 5. Stomach

- Malnutrition
- Gastritis
- Nausea

## 6. Muscles

- Tingling and numbness
- Involuntary writhing of limbs and trunk
- Loss of body fat
- Loss of muscle control

**People who drink kava experience many health problems**