

Harm Reduction for Methamphetamine Use



Be safe



Don't use alone - be in a safe location where you and your friends may be less vulnerable.



Practice safe sex (have condoms available).



Don't drive, ride a bicycle or a scooter whilst intoxicated.



Don't combine drugs.

Help

If you or someone you know is looking for mental health or addiction help, call **1300 MH CALL (1300 64 2255)** or in a life threatening emergency call **triple zero (000)**.

Other useful numbers

ADIS - 1800 177 833
24/7 alcohol and drug support

Lifeline - 13 11 14
24/7 crisis support service

13YARN - 13 92 76
24/7 support run by Aboriginal and Torres Strait Islander people

Useful websites

adis.health.qld.gov.au
headspace.org.au, adf.org.au/help-support/positivechoices.org.au
aboriginal-and-torres-strait-islander-peoples/australia.gov.au/drugs

Tips and tricks

Eat food first and drink water

Take breaks from using

Give your brain and body time to recover and restore between use.

Try a little

Try a little first and wait before having more if it is a new batch/ dealer/ not yours.

Choose your route

Oral or rectal administration are much safer than smoking or injecting and produce a smoother, less intense, and longer lasting high.

Stay healthy

Try not to use when you're upset, angry or down, be conscious of the effect it may have on your mental health and seek help.

Use clean needles

Don't share needles. Clean needles can be accessed through local pharmacies or even free by walking in to your local needle and syringe program.



Cutting back or quitting

If you want help quitting, reducing or minimising the harm of your use, reach out to your local alcohol and drug or mental health service.

Don't forget to get tested for blood born viruses regularly at your GP or local sexual health clinic.



Download the free Queensland Needle & Syringe Program app by scanning the QR code or search Qld Needle & Syringe Program.

Harm Reduction for Benzodiazepine Use



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Be safe



If your benzodiazepines (benzos) are prescribed for you, take them as directed by your doctor.



Don't drive.



Avoid injecting as this can cause vein damage, infections and overdose.



Don't combine drugs. Use of other depressants such as opioids and alcohol can increase the risk of overdose and can result in death.

Help

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Tips and tricks



Stay healthy

Long-term use of benzos can lead to depression and an increase in anxiety and insomnia. Be conscious of the effect it may have on your mental health and seek help.

Limit your use

It can be difficult to stick to a medication regime. Set limits on how much you will take or if prescribed, collect your benzos daily from your pharmacy or use a dosette box.

Tolerance

Benzo tolerance can develop within 2-4 weeks of regular use, do not independently increase your dose – contact a health professional.

Useful websites

adis.health.qld.gov.au

adf.org.au/help-support/

positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/

Cutting back or quitting



Benzo withdrawal can trigger seizures. Follow a structured plan created with a medical professional when cutting back or ceasing your use.



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Harm Reduction for Cannabis Use



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Be safe



Don't use alone - be in a safe place where you and friends may be less vulnerable.



Don't drive, ride bicycles or scooters whilst intoxicated.



Clean cone-pieces, bongs or other utensils regularly to reduce the risk of lung infections.



Don't combine drugs.

Help

If you or someone you know is looking for mental health or addiction help, call **1300 MH CALL (1300 64 2255)** or in a life threatening emergency call **triple zero (000)**.

Other useful numbers

ADIS - 1800 177 833

24/7 alcohol and drug support

Lifeline - 13 11 14

24/7 crisis support service

13YARN - 13 92 76

24/7 support run by Aboriginal and Torres Strait Islander people

Useful websites

adis.health.qld.gov.au

adf.org.au/help-support/

positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/

Tips and tricks

Take breaks from using

Give your brain and body time to recover and restore between use.



Avoid inhaling deeply

The intoxicating chemicals in cannabis are absorbed in the first few seconds. Holding your breath or sucking deeply increases health risks.

Don't spin

Spinning with tobacco increases your health risks and may result in you becoming addicted to nicotine.

Don't use during the day

The earlier in the day that you consume cannabis, the more likely it is that you will develop dependence and tolerance.

Choose your implement

Smoke via a joint or a glass bong to reduce the tar, carcinogens and toxins in the smoke.

Stay healthy

Try not to use when you're upset, angry or down, be aware of the effect it may have on your mental health and seek help.

Cutting back or quitting

If you want help quitting, reducing or minimising the harm of your use reach out to your local alcohol and drug or mental health service.



Harm Reduction for Vaping

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The positives



Vaping liquid nicotine is safer than smoking tobacco due to less carcinogens and other toxic chemicals found in tobacco smoke.



There is evidence that nicotine vaping is more effective for people looking to quit tobacco smoking than other forms of nicotine replacement therapy (NRT).

Help

If you or someone you know is looking for mental health or addiction help, call **1300 MH CALL (1300 64 2255)** or in a life threatening emergency call **triple zero (000)**.

Other useful numbers

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24/7 alcohol and drug support

Lifeline - 13 11 14

24/7 crisis support service

13YARN - 13 92 76

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Useful websites

inhalantsinfo.org.au

adis.health.qld.gov.au

headspace.org.au

adf.org.au/help-support

positivechoices.org.au/aboriginal-and-torres-straitislander-peoples

australia.gov.au/drugs

Be safe



We don't know the long-term harm

Vapes can contain many different chemicals, some are harmful and some haven't been tested.

Nicotine

Most vapes contain nicotine even though the label might not say that.

Stay healthy

Try not to vape when you are upset, angry or feeling down. Be aware of the affect it may have on your mental health and seek help if you need it.

Don't be alone

Try to be in a safe place where you and your friends may be at less risk.

Safe storage

Store nicotine liquid away from children and pets. Nicotine liquid can be absorbed through the skin and is toxic when ingested.

Try a little first

If you are using a new juice or someone else's vape, try a little first. Vapes have varying levels of nicotine.

Cutting back or quitting

Sometimes it can take a few attempts to cut back or stop. It can be easy for some people and hard for others.

You may experience withdrawal symptoms such as cravings, anxiety, difficulty concentrating and irritability. If you stop vaping, these symptoms will fade with time and should be gone within a couple of weeks.

If you want help with your vaping use reach out to your local GP or **Quitline** on **13QUIT 13 78 48** to talk to a counsellor or request a call back.



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Harm Reduction for Alcohol Use



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Be safe



Don't drive - it is illegal for someone with an open licence to drive with a blood alcohol content exceeding 0.05%.



Don't drink if pregnant or breast feeding as there are associated health risks for your baby.



Don't combine drugs. Use of other depressants such as opioids and benzodiazepines (benzos) can increase the risk of overdose and can result in death.



Don't use alone – be in a safe place where you and your friends may be less vulnerable

Help

If you or someone you know is looking for mental health or addiction help, call **1300 MH CALL (1300 64 2255)** or in a life threatening emergency call **triple zero (000)**.

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Tips and tricks

Eat food first and drink water



Take thiamine (vitamin B1)

For those who drink regularly/ heavily, taking thiamine supplements can reduce the risk of brain damage.

Sleep better

Alcohol can help you fall asleep more easily but often stops you from achieving deep, uninterrupted restorative sleep.

Reduce alcohol content

Consider drinking lower alcohol content drinks to reduce your overall alcohol consumption.

Switch it up

Try alternating alcoholic and non-alcoholic drinks.

Stay healthy

Try not to drink when you're upset, angry or down. Be aware of the effect it may have on your mental health and seek help if you need it.

Useful websites

adis.health.qld.gov.au

adf.org.au/help-support/

positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/

yourdrinking.initiatives.qld.gov.au



Seek medical advice before stopping or cutting back on your drinking if you're a daily drinker as sudden cessation or reduction is associated with increased health risks.



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Harm Reduction for Opioid Use



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Be safe



Don't use alone - be in a safe place where you and your friends may be less vulnerable.



Don't combine drugs. Use of other depressants such as alcohol and benzodiazepines (benzos) can increase the risk of overdose and can result in death.



Use clean needles. They can be accessed through local pharmacies or even free by walking into your local needle and syringe program.



Don't drive or operate machinery after use unless your doctor has advised you that it's ok to do so.



Help

If you or someone you know is looking for mental health or addiction help, call **1300 MH CALL (1300 64 2255)** or in a life threatening emergency call **triple zero (000)**.

Other useful numbers

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24/7 crisis support service

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Useful websites

adis.health.qld.gov.au

adf.org.au/help-support/
positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/

Tips and tricks



Try a little

Try a little first and wait before having more if it is a new batch/dealer/not yours.

Choose your route

Using opioids orally instead of IV reduces your risk of overdose but also decreases your risk of contracting blood born viruses.

Stay healthy

Try not to use when you're upset, angry or down, be aware of the effect it may have on your mental health and seek help.

Cutting back or quitting

If you want help quitting, reducing or minimising the harm of your use, reach out to your local alcohol and drug or mental health service.



Don't forget to get tested for blood born viruses regularly at your GP or local sexual health clinic.



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Harm Reduction for Inhalants



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Be safe



Don't use alone or in dangerous places. Try to be in a safe place where you and your friends may be at less risk.



Always sniff outside and avoid enclosed spaces or being indoors.



Do not put plastic bags over your head, this may lead to suffocation, or asphyxiation and death.



Don't smoke around inhalants as they are flammable.



Don't sniff with other drugs including prescribed medication and illicit substances, as this increases your chance of an accident, injury or overdose.



If you have been using inhalants, avoid running or doing other physical activity as this can result in 'sudden sniffing death'.



Try not to sniff when you are upset, angry or feeling down. Be aware of the affect it may have on your your mental health and seek help if you need it.

Useful websites

inhalantsinfo.org.au
adis.health.qld.gov.au
headspace.org.au
adf.org.au/help-support/
positivechoices.org.au/aboriginal-and-torres-strait-islander-peoples/
australia.gov.au/drugs

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Cutting back or quitting

Sometimes it can take a few attempts to cut back or stop. It can be easy for some people and hard for others.

You may experience withdrawal symptoms such as nausea, anxiety, low mood, trembling or racing heart but they are usually mild.



If you stop sniffing these symptoms will fade with time and should be gone within a week.

If you want help quitting, reducing or minimising the harm of your use, reach out to your local alcohol and drug or mental health service.