

Getting Help: Psychoactive Substances (“legal highs”)

When to get immediate help

Go to the nearest hospital emergency department (call 111 if you can't get someone to hospital) if a person shows any of the following symptoms after using a psychoactive substance:

difficulty breathing	lowered consciousness	fainting or loss of speech and eyesight
feeling cut off from the world	shaking or twitching	paranoia
chest pain	rapid eyeball movement	loss of contact with reality
racing heart rate	non-stop vomiting	seizures
difficult to rouse or wake	extreme anxiety or pain	

What you can expect if you stop using

If you have been using psychoactive substances regularly and you stop, you are likely to experience withdrawal (also known as detox). Withdrawal can cause symptoms that could last for several weeks or even months but most physical symptoms will begin to improve by day three. Most people can cope with mild withdrawal by knowing what to expect, taking extra care of themselves (such as resting and drinking water, but avoid caffeinated beverages) and possibly using natural remedies to help with sleep and agitation. Most people will complete withdrawal with mild to moderate symptoms.

Common Symptoms

Restlessness	Poor concentration
Irritability	Mood swings
Agitation	Vomiting
Sleep problems	Diarrhoea
Low mood	Aches and pains
Heavy sweating	Nausea
Anxiety	Low appetite
Headaches	Craving drugs
Low energy	

More extreme symptoms

Extreme panic or anxiety
Depression
Hallucinations
Paranoia
Racing heart
Anger
Suicidal thoughts
Ongoing diarrhoea and vomiting
Aggression and violence
Confusion and memory problems

Concerns about withdrawal symptoms

If you have concerns about withdrawal symptoms contact your doctor or local hospital.

If you think a person experiencing withdrawal is having suicidal thoughts or they have a history of feeling suicidal or low mood, ring the mental health crisis service at your local hospital.

Calling Healthline 0800 611 116

If you are experiencing withdrawal and feel worried, unsafe or vulnerable, or you have concerns about someone else experiencing withdrawal, call the free, 24-hour Healthline to speak to a registered nurse. The Healthline nurse will recommend the best care and tell you where you can go to seek help.

Managing your own withdrawal

For more information go to: www.matuaraki.org.nz/library/matuaraki/managing-your-own-withdrawal-a-guide-for-people-trying-to-stop-using-drugs-and-or-alcohol

Getting help to stop using

Contact the Alcohol and Drug Helpline: **0800 787 797**

The Alcohol and Drug Association offers alcohol and drug information: www.alcoholdrughelp.org.nz

To find the nearest alcohol and drug service in your region go to:

www.addictionshelp.org.nz/Services/Home

For more information about psychoactive substances and getting help go to www.health.govt.nz/pshelp

See reverse for local services

I need help with “Legal” highs

1. **For advice: ring Alcohol & Drug Helpline 0800 787 797**
a confidential, free phone service staffed by trained counsellors available 9am to 10pm
2. **For your health: see your doctor.**
Your GP knows you and your family best. In an emergency, see the Emergency Department.
3. **For treatment: see your local service providers - details below**

National Service Providers

www.addictionshelp.org.nz - text <i>adh</i> to 234			
National Alcohol and Drug helpline 0800 787 797	Maori Helpline 0800 787 798	Pacifica Helpline 0800 787 799	Youth Helpline 0800 787 984
9am to 10pm – 7 days. A confidential, free phone for people with questions about their own or someone else’s drinking or drug use. Provides information, brief intervention and referrals nationwide.			
Alcoholics Anonymous – 0800 229 6757 - www.aa.org.nz			
Narcotics Anonymous – 0800 628 6329 www.nzna.org.nz		PotHelp – www.pothelp.org.nz Self-help programme	

Local Service Providers

Te Runanga O Raukawa 0800 742 6666 or 06 368 8678 Provide alcohol and drug and mental health support. This free service has a Maori Whanau perspective but is not exclusive of other cultures. Service throughout Horowhenua, Otaki and Feilding region.	Rangitane O Tamaki Nui A Rua - 06 374 6860 Provides Mental Health and Alcohol and Other drug support as well as Alcohol and Drug Peer Support. Service throughout Tararua district.
Mash Trust – www.masstrust.org.nz 0800 627 4878 or 06 355 7200 Monarch Programme – Palmerston North - an educational and life skill based treatment programme that addresses mental health and addiction issues. Support Group and one-to-one counselling.	Whakapai Hauora Trust – Palmerston North www.whakapaihauora.maori.nz – 06 353 1884 Mental Health and addiction service providing assessment, counselling and referrals to other programmes. Outreach clinics in Shannon and Foxton.
Te Upoko Addictions – www.teupoko.org.nz 06 358 5444 Mental health and addiction peer support services for Rangatahi, adults and their whanau.	Whaioro Trust – www.whaioro.org.nz 06 367 2241 Drug and Alcohol counselling for youth between ages of 10 and 17 years old. Support for young people in the Horowhenua and Otaki region both in schools and on a on- to-one basis.
Manawatu Supporting Families – Palmerston North - www.manawatusf.org.nz - 06 355 8561 Support for families and people affected by mental illness and addictions.	
Central PHO – www.centralpho.org.nz 06 354 9107 Primary health organisation providing support and interventions for people with mild to moderate mental health and/or addiction issues.	YOSS (Youth One Stop Shop) www.yoss.org.nz - 06 355 5909 Free counselling, health services, alcohol and drug support, advice, family work for young people aged 10-24.
Child, Adolescent & Family Mental Health and Alcohol & Drug Service (CAFS), MidCentral Health - 06 366 0031 For moderate to severe presentations.	Alcohol & Other Drug Services, MidCentral Health 06 350 9130 8.30am – 4.30pm – for assessment, individual counselling for moderate to severe presentations, and aftercare.

In crisis, call: 0800 653 357