



GHB warning

Some advice from our AOD team

There is an increase in the use of the drug GHB in the community. The truth is there are only a couple of drops between a good time and a bad time with GHB. Be aware!

What is GHB?

GHB is a colourless/odourless drug usually sold in liquid form. It can come as a bright blue liquid known as 'blue nitro' and less commonly as crystal powder. GHB is also known as G, fantasy, grievous bodily harm, juice, liquid ecstasy, liquid E, Georgia Home Boy, Liquid X, soap, scoop, cherry meth or fishies.

GHB is a dangerous drug

Repeat use of GHB over a two-week period will create a dependence for users. GHB overdose will require hospital treatment. Withdrawal from GHB overdose can lead to seizures and even death.

Ask for help - it's still there!

Our AOD team is there for you. Please call **5406 1200** and ask for the AOD team if you have concerns or questions around drugs or alcohol. To learn more about our AOD services and how we can help you, your family or friend please visit www.bchs.com.au

If you are using GHB already

Our AOD team recommend you **take these precautions** if you're using GHB and do not intend to stop.

- ❖ Only use a clean 'barrel' from your local Needle Syringe Program or pharmacy. Mark your barrel with tape so you don't use too much.
- ❖ **NEVER** drink from the bottle.
- ❖ If you have diluted your GHB in water use cordial or food colouring.
- ❖ Keep hydrated.
- ❖ Every batch is different so do a tester.
- ❖ Never use alone. If a person passes out put them on their side and **phone 000 immediately**.
- ❖ Don't re-dose before a two to three hour period. Write the amount and time on your arm.
- ❖ Do not mix with alcohol. A person using GHB mixed with alcohol is 27-30 times more likely to need the help of emergency services.

ACN: 136 467 715

