

## Benefits of Reducing Use

### Improves health / reduces health risks:

- Reduces the risk of a range of physical and mental health problems, including the risk of overdose.
- Clearer thinking – helping with better decision-making, improved sleep and improved mood and overall well-being.

### Improves personal relationships, lifestyle and work:

- Improved self-esteem and confidence to find new opportunities for improved social wellbeing and identity.
- May improve family life, and relationships with partner, children and extended family/relatives.
- May help save money.
- Work performance may increase, and work may become more satisfying.

## How to reduce harm if you still use

### If continuing to use:

- Make transport plans so you don't drive after using.
- Avoid mixing different drugs (including alcohol).
- Use clean injecting equipment.
- Carry naloxone if using opiates.

**ACE (Access, Care and Empowerment) is a mobile app for people who inject drugs to help reduce harm to themselves and others. It provides**

- Access: find WA needle and syringe programs and other health services.
- Care: search information on how to take care of your health.
- Empowerment: be informed about reducing harms to yourself and others.

Download the free ACE app via the App Store or Google play:

[www.healthywa.wa.gov.au/ace](http://www.healthywa.wa.gov.au/ace)



## How to get Help

### 24-hour confidential telephone counselling, information and referral service:



#### Alcohol & Drug Support Line

For anyone concerned about their own or another person's alcohol or other drug use

**Phone: 9442 5000**

**Toll Free: 1800 198 024**



#### Parent & Family Drug Support Line

For anyone concerned about a loved one's alcohol or other drug use

**Phone: 9442 5050**

**Toll Free: 1800 653 203**

**Contact your local Doctor/GP or Aboriginal Community Controlled Health Service or Community Alcohol and Drug Service (CADS)**

### Local Contact



**The Green Book is an online directory of alcohol and other drug services in WA.**

[www.greenbook.org.au](http://www.greenbook.org.au)



Government of Western Australia  
Department of Health

## DAST-10

# Is my drug use putting me at risk?

The Drug Abuse Screening Test **DAST-10** asks you about your drug use over the past 12 months. The score will help you see if you are at risk of any harms from your use.



## Your DAST-10 Score

Answer the questions about your drug use in the past 12 months (see “List of Drugs”)

In the past 12 months...	No	Yes
1 Have you used drugs other than those required for medical reasons?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
2 Do you use more than one drug at a time?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
3 Are you always able to stop using drugs when you want to? (If never use drugs, choose “Yes”)	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4 Have you had “blackouts” or “flashbacks” as a result of drug use?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
5 Do you ever feel bad or guilty about your drug use? (If never use drugs, choose “No”)	<input type="checkbox"/> 0	<input type="checkbox"/> 1
6 Does your partner (or parents) ever complain about your involvement with drugs?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
7 Have you neglected your partner/ family because of your use of drugs?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
8 Have you engaged in illegal activities in order to obtain drugs?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
9 Have you ever experienced withdrawal symptoms (felt sick) when you stopped taking drugs?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
10 Have you had medical problems as a result of your drug use (e.g. memory loss, blood-borne viruses, sexually transmitted infections, convulsions, injury etc.)?	<input type="checkbox"/> 0	<input type="checkbox"/> 1
<b>Add the number of answers with ‘1’ point to get your Total Score:</b>		

## List of Drugs

“Drug use” refers to: (1) the use of prescribed or over-the-counter drugs in excess of the directions, and (2) any non-medical use of drugs.

Classes of drugs may include:

- Stimulants (e.g. methamphetamine)
- Cannabis (e.g. marijuana, synthetic cannabis)
- Solvents/volatile agents (e.g. glue, paint thinner, nangs, butane)
- Benzodiazepines (e.g. Valium)
- Barbiturates
- Cocaine
- Hallucinogens (e.g. LSD)
- Opioid drugs (e.g. heroin, methadone, codeine based products)

**Medications – prescription or over-the-counter medications (like sleeping pills and painkillers) count as drugs when you take them more often than recommended or prescribed or use someone else’s prescription.**

**Medications do not count as drugs if you take them as prescribed by your doctor.**

For more information:

The Alcohol and Drug Foundation’s online “Drug Facts”: <https://adf.org.au/drug-facts/>

Mental Health Commission’s online site “Drug Aware”: <https://drugaware.com.au>

## Your DAST-10 Score

Your score of \_\_\_\_ means that you have a \_\_\_\_\_ risk of drug related harm (not including tobacco or alcohol)

**Total score 6+ high risk of harm**

If you continue to use at this level, it may cause serious physical, psychological and social harm to yourself.

Potential harms include:

- Physical and mental health problems
- Dependence and accidental overdose
- Money and/or legal problems
- Relationship problems
- All medium risk harms

**Caution:**

Seek medical advice from your GP before making any changes to your pattern of use because of the risk of complications from withdrawal.

**Total score 3–5 medium risk of harm**

If you continue to use at this level, it can be harmful to your health and wellbeing.

Depending on the drug/s you use, potential harms include:

- Mood swings
- Anxiety and depression
- Difficulty concentrating
- Injury to self or others

**Total score 0–2 low risk of harm**

You are at low risk of health and other problems from your current pattern of use.