

COCAINE

What is cocaine

Cocaine is a powerful **stimulant drug** that affects the central nervous system. It comes in two main forms:

Powder Cocaine (often snorted or dissolved and injected)

Crack Cocaine (a crystal form that is smoked)

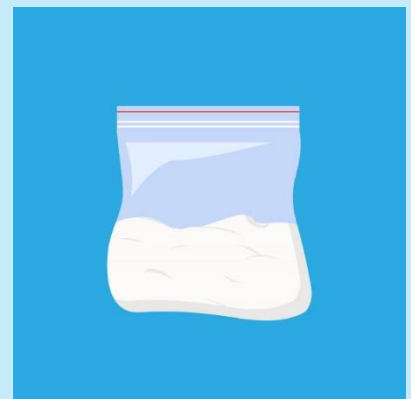
Cocaine produces short-term effects like **euphoria**, **increased energy**, and **alertness**—but also carries serious physical and psychological risks.

SHORT TERM EFFECTS

- Intense euphoria or "rush"
- Increased heart rate & blood pressure
- Dilated pupils
- Talkativeness or restlessness
- Decreased appetite
- Anxiety, paranoia, or aggression (especially with high doses)

LONG-TERM RISKS

- Addiction & dependence
- Heart problems (e.g. heart attack, stroke)
- Insomnia & exhaustion
- Depression or anxiety disorders
- Nose damage (from snorting)
- Risk of infectious diseases (from injecting or sharing equipment)



SIGNS OF OVERDOSE

- Chest pain or irregular heartbeat
- Seizures
- High body temperature
- Hallucinations or extreme paranoia
- Collapse or unresponsiveness

📞 Call emergency services immediately 000 if overdose is suspected.

GET SUPPORT

Alcohol and Other Drugs Information Service (ADIS) telephone services
Phone: **1800 250 015**

ADIS provides 24 hour 7 day a week telephone counselling, support
NSW Quitline

Phone: 13 78 48 (13 QUIT)

HARM REDUCTION TIPS

If you choose to use:

- **Start low, go slow:** Use a small amount first.
- **Don't use alone:** Have someone nearby who isn't using.
- **Use your own equipment:** Don't share straws, pipes, or needles.
- **Stay hydrated & nourished.**
- **Avoid mixing with alcohol or other substances.**
- **Test your supply** (where test kits are available—fentanyl contamination is a growing risk).

