

GHB (Gamma-Hydroxybutyrate)

WHAT IS GHB?

GHB (Gamma-Hydroxybutyrate) is a **central nervous system depressant** that produces effects similar to alcohol. It's often used recreationally for its euphoric and relaxing effects, and is sometimes known as a "party drug" or "date rape drug."

Form: Usually a **clear, oily liquid** or sometimes a **powder**.

- **Method:** Swallowed (often diluted in a drink). Doses are very small (measured in mL or caps/drops).
- **⚠️ GHB has a steep dose-response curve: a little too much can lead to unconsciousness, overdose, or death.**

SHORT-TERM EFFECTS (Low to moderate dose)

- Euphoria
- Increased sociability
- Relaxation or sedation
- Reduced inhibitions
- Heightened libido
- Dizziness or nausea

⚠️ HIGH DOSE OR RISKY USE

- Vomiting
- Confusion or hallucinations
- Seizures
- Loss of consciousness ("G-sleep")
- Coma or death (especially when mixed with other depressants)

🚫 RISKS & DANGERS

- **Very easy to overdose** — especially because the difference between a "fun" and a dangerous dose is very small.
- **Mixing with alcohol, benzos, or opioids is extremely dangerous** and increases risk of coma or death.
- Can impair memory and consent — **linked to sexual assault** in some cases.
- Risk of dependence, especially with regular use (withdrawal can be severe and life-threatening).

🛡️ HARM REDUCTION TIPS

- **Start low, go slow** – doses are measured in millilitres or drops.
- **Wait 2+ hours** before redosing – it builds up in your system.
- **Use a syringe or measuring cap** – not a sip or guess.
- **NEVER mix with alcohol, benzos, or opioids.**
- **Have a sober friend nearby** – someone who knows what to do in case of overdose.
- **Don't use alone.**

SIGNS OF OVERDOSE

- Loss of consciousness (can't wake them)
- Slow or irregular breathing
- Seizures
- Vomiting while unconscious
- Skin turning pale, cold, or blue
- Gurgling or choking sounds

📞 What to do:

- **Call emergency services immediately 000**
- **Place them on their side** (recovery position)
- **Stay with them** until help arrives
- **Do NOT leave them to "sleep it off"** — GHB coma is not sleep
- Label your bottle if you're carrying it.
- Be aware of consent—**GHB affects memory and decision-making.**

💬 GET SUPPORT

- **National Alcohol & Other Drug Hotline (Australia): 1800 250 015 (24/7)**
- **Family Drug Support Australia: 1300 368 186**
- **Harm Reduction Victoria:** www.hrvic.org.au
- **Your local NSP, clinic, or AOD service**



