In the past month, have any of the following happened to you *in relation to your psychostimulant use*?

- Slept too little?
- Had irregular eating habits?
- Been picking at your skin?
- Had an argument with someone?
- Felt irritable, moody or bad-tempered?
- Missed work or school/course?
- Been questioned by police?
- Been suspicious or paranoid?
- Felt depressed?
- Drove under the influence of the drug?
- Noticed an increase in urges to use?
If you answered YES to any of these, consider contacting

THE ALCOHOL AND DRUG INFORMATION SERVICE (ADIS)

1300 13 1340
(8.30am - 10pm every day)

For phone counselling and information about treatment services in South Australia

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