Seeking Help

Counselling Centres for Psychotropic Substance Abusers

Tung Wah Group of Hospitals - CROSS Centre (Hong Kong Island)
http://crosscentre.tungwahcsd.org
Tel. : 2884 1234

Evergreen Lutheran Centre (Kowloon East)
http://www.cheerevergreen-lutheran.org.hk/
Tel. : 2712 0097

Hong Kong Christian Service PS33 (Kowloon West)
http://www.hkcs.org/gcb/ps33/ps33.html
Tel. : 2368 8269

Cheer Lutheran Centre (New Territories East)
http://www.cheerevergreen-lutheran.org.hk/
Tel. : 2660 0400

Caritas HUGS Centre (New Territories West)
http://www.hugs.org.hk/
Tel. : 2453 7030

Website of Narcotics Division, Security Bureau: www.nd.gov.hk

Hong Kong Jockey Club Drug InfoCentre

Address : Roof Floor, Low Block, Queensway Government Offices, 66 Queensway, Admiralty, Hong Kong (Admiralty MTR station, Exit C1)

Tel.No. : 2867 2831

Opening Hours : 10am-6pm
(Closed on Wednesdays & the first two days of Lunar New Year)

Report it!

(All reports are treated in the strictest confidence)

Police Narcotics Bureau	2860 2888
Customs and Excise Department	2545 6182
Department of Health	2572 2068

Youth Drug Abuse Problem

2007 saw a 13% increase in the number of young people reported abusing drugs over the previous year. Almost all of them abused psychotropic substances such as ketamine, "ecstasy", "ice", etc.
Like traditional drugs such as heroin, these psychotropic substances are extremely harmful to the body and highly addictive. They are all equally prohibited by law from illegal manufacture, possession, trafficking, and consumption.
But unlike heroin, abuse of psychotropic substances is more “hidden” in nature, which may contribute to casual attitudes among abusers. Psychotropic substances are usually taken by swallowing or snorting, making it more difficult to be discovered, whereas heroin is often taken through injection. The symptoms of addiction of psychotropic substances are less noticeable and the harms to the body may only surface after several years. Many psychotropic substance abusers think that they are neither addicted nor harmed, and do not have the motivation to seek help.

Pay attention to your children and be alert to:

- Unexplained absence from school and sudden drop in academic performance
- Staying out till very late, and long hours or frequent absence from home
- Always asking for more pocket money, or disappearance of valuables at home
- Staying in the bedroom or washroom for a long time and avoiding other family members without reasons
- Unstable mood, poor memory, abnormal excitement, hallucination, unusual flare-ups or outbreak of temper, restlessness, and irregular bedtime
- Change of appetite, unusual tiredness, slurred speech, and slow reaction
- Hanging out with friends with weird facial expression, and using argots such as "K", "E", "coke", "grass", "give me five", etc. in their conversation
- Strange bodily smell
- Possessing pills, powder substance, cough syrup bottles, aluminium foil, plastic bottles or drink packets with two straws, or unusually short straws.

Communicating with Young People

DO'S	DON'TS
✓ Control your emotion	✗ Lose your temper and make insulting remarks
✓ Be open-minded and accept different views of your children	✗ Use a high-handed approach and disregard the need for communication with children
✓ Understand and try to accept that young people are keen to follow the fads and trends	✗ Over-react to the appearance and behaviour of young people
✓ Respect the privacy of your children	✗ Infringe on the privacy of your children
✓ Appreciate the strengths of your children	✗ Compare your children with others
✓ Show your care and concern about your children	✗ Make criticisms or queries without considering your children's feelings

No drugs No regrets
Not Now Not Ever

保安局禁毒處
Narcotics Division, Security Bureau

禁毒常務委員會
Action Committee Against Narcotics