

Seeking Help

Eleven Counselling Centres for Psychotropic Substance Abusers over the territory provide counselling and assistance to psychotropic substance abusers and those young people at risk. Also, two Centres for Drug Counselling help drug abusers abstain from their drug abusing habits and re-integrate into the community after rehabilitation. They also provide counselling and supportive services to family members of drug abusers to deal with problems arising from drug abuse.

Both services provide on-site medical support service, including drug-related medical consultation service by a Registered Nurse or at a nearby clinic, body check, drug test and motivational interview. In addition, these centres also organise anti-drug education and publicity programmes, and provide information on resource for the professionals who may come across drug abusers in the course of their work.

Counselling Centres for Psychotropic Substance Abusers:

Tung Wah Group of Hospitals - CROSS Centre

Central Western, Southern and Islands Office
(Central & Western, Southern and Islands)
Tel.: 2884 0282

Eastern and Wanchai Office (Eastern and Wan Chai)
Tel.: 2884 0282

<http://crosscentre.tungwahcsd.org>

Hong Kong Lutheran Social Service

Evergreen Lutheran Centre (Kwun Tong)
Tel.: 2712 0097

Rainbow Lutheran Centre (Wong Tai Sin and Sai Kung)
Tel.: 2330 8004

Cheer Lutheran Centre (Tai Po and North)
Tel.: 2660 0400

<http://www.cheevergreen-lutheran.org.hk/>

Hong Kong Christian Service

PS33 - Tsimshatsui Centre (Kowloon City and Yau Tsim Mong)
Tel.: 2368 8269

PS33 - Sham Shui Po Centre (Sham Shui Po)
Tel.: 3572 0673

<http://www.hkcs.org/gcb/ps33/ps33-e.html>

Hong Kong Children and Youth Services Sane Centre (Tsuen Wan and Kwai Tsing)

Tel.: 2402 1010 <http://www.sanecentre.net>

Caritas HUGS Centre (Tuen Mun)

Tel.: 2453 7030 <http://www.hugs.org.hk>

Evangelical Lutheran Church Hong Kong, Enlighten Centre (Yuen Long)

Tel.: 2446 9226
<http://www.elchk.org.hk/service/unit/23/>

Hong Kong Sheng Kung Hui Welfare Council Neo-Horizon (Sha Tin)

Tel.: 8202 1313 <http://neoh.skhwc.org.hk/>

Centre for Drug Counselling

Caritas Lok Heep Club

Hong Kong Centre
Tel.: 2893 8060

Kowloon Centre
Tel.: 2382 0267

<http://www.caritaslokheepclub.org.hk>

Enquiries

Narcotics Division's Website: www.nd.gov.hk

Anti-drug Telephone Enquiry Service: 186 186

Hong Kong Jockey Club Drug InfoCentre

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

Tel: 2867 2831

Opening Hours: 10am - 6pm daily
(Closed on Sundays and Public Holidays)

Report Drug Crime

Police Drug Reporting Hotline 2527 1234

Customs and Excise Department 2545 6182

Department of Health 2572 2068

(All reports are treated in strict confidence)



Narcotics Division
Security Bureau



Action Committee
Against Narcotics

STAND FIRM Knock Ketamine Out



Street Name: "Special K", "K", "Kit Kat", "Vitamin K"
Category: Central nervous system depressant
Forms: Powder, tablets or liquid

Effect and danger:

- Memory loss
- Affects muscle control
- Addiction
- Heart problems
- Loss of consciousness
- Hallucination
- Frequent urination
- Can't control your bladder
- Brain damage

STAND FIRM Knock Ice Out

Proper Name: Methamphetamine, also known as methylamphetamine
Category: Potent central nervous system stimulant
Forms: Semi-transparent, colourless, grain-sized crystals

Effect and danger:

- Inability to sleep
- Agitation
- Panic and delirium
- Anxiety and tension
- Skin sores
- Depression
- Heart failure
- Hallucination and feeling of persecution which may lead to violent behaviour
- In very high doses, toxic psychosis, convulsions, coma, brain haemorrhage and death can occur



STAND FIRM Knock Ecstasy Out

Proper Name: Methylenedioxyamphetamine (MDMA)
Category: Central nervous system stimulant and hallucinogen
Forms: Tablets of various colours and shapes impressed with logos

Effect and danger:

- Over-exercise may lead to exhaustion, over-heating and eventually convulsion or collapse
- Causing convulsions of muscles and uncontrollable behaviour of "shaking and dancing"
- Confusion, depression, sleep problem, anxiety and paranoia during and sometimes weeks after taking the drug
- Increase in heart rate and blood pressure poses a special risk for people with circulatory or heart disease
- Hot crowded conditions can lead to dehydration and heart or kidney failure
- Abusers may undermine safe sex practices due to reduction in inhibitions



STAND FIRM Knock Cannabis Out

Street Name: "Marijuana", "hash", "grass"
Category: Hallucinogen
Forms: Herbal cannabis, cannabis buds and resin

Effect and danger:

- Hallucination
- Impaired co-ordination
- Addiction
- Heightened risk of cancer
- Reduced concentration and impaired memory and judgment
- Depression and extreme suspicion of others
- Irritability and short temper
- Respiratory disease
- Regular users of cannabis are more likely to try other illicit drugs



STAND FIRM Knock Cough Medicine Out

Street Name: "Robo" / "DXM"
Forms: Syrup form

Effect and danger:

- Memory loss
- Slow to react
- Reduced breathing rate
- Brain damage
- Intoxication and drug induced mental disorders
- Tooth decay
- Many abusers underestimate the addictiveness of cough medicine and gradually increase the dosages and thus the risks



STAND FIRM Knock Cocaine Out

Street Name: "C", "coke", "flake", "snow", "stardust", "Charlie", "crack", "gold dust", "coco"
Category: Central nervous system stimulant
Forms: White flaky crystalline powder

Effect and danger:

- Addiction
- Respiratory damage
- Mania
- Paranoid delusion
- Impaired memory
- Hallucination
- Delirium
- Heart disease
- Nasal damage



Taking Drugs = Destroying Yourself

Be Smart

- Drug abuse is very dangerous. Illicit drugs cause damage to your kidney, brain and other organs. Fatalities have been seen.
- Be free. Illicit drugs are all addictive. It is extremely difficult to quit drugs. Be free. Don't even try drugs for once.

Law

- The Dangerous Drugs Ordinance (Cap.134):
- Illegal possession or taking of dangerous drugs
Maximum penalty: Seven years' imprisonment and a fine of \$1 million
 - Illegal trafficking or manufacturing of dangerous drugs
Maximum penalty: Life imprisonment and a fine of \$5 million

