



## Seek Help/Enquiries

**Hotline : 186 186**

24 Hours Daily

**WhatsApp/WeChat : 98 186 186**

10am to 6pm Daily



## 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 reintegrate 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/v3/index.php>

#### Hong Kong Lutheran Social Service

Evergreen Lutheran Centre (Kwun Tong)  
Tel.: 2712 0097  
<http://evergreen-ccpsa.hklss.hk/>

Rainbow Lutheran Centre (Wong Tai Sin and Sai Kung)  
Tel.: 2330 8004  
<http://rainbow-ccpsa.hklss.hk/>

Cheer Lutheran Centre (Tai Po and North)  
Tel.: 2660 0400  
<http://cheer-ccpsa.hklss.hk/>

#### Hong Kong Christian Service

PS33 - Tsimshatsui Centre (Kowloon City and Yau Tsim Mong)  
Tel.: 2368 8269  
<http://www.hkcs.org/en/services/ps33tstc>

PS33 - Sham Shui Po Centre (Sham Shui Po)  
Tel.: 3572 0673  
<http://www.hkcs.org/en/services/ps33sspc>

#### 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://hugs.caritas.org.hk/>

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

Tel.: 2446 9226  
<http://ec.elchk.org.hk/>

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

Tel.: 8202 1313  
<http://neoh.skhw.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/en/>

### Further Information

Narcotics Division's Website: <http://www.nd.gov.hk>

### Seek Help/Enquiries

24-hour Anti-drug Helpline: 186 186

WhatsApp/WeChat Help-seeking Instant Messaging: 98 186 186

### 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 to 6pm daily

(Closed on Sundays and Public Holidays)

Website: <http://www.nd.gov.hk/en/druginfocentre.htm>

### Report Drug Crime

Police Drug Reporting Hotline: 2527 1234

Customs and Excise Department: 2545 6182

Department of Health: 2572 2068



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## 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



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

## 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



- Effects and dangers:
- Respiratory damage
  - Mania
  - Paranoid delusion
  - Impaired memory
  - Hallucination
  - Delirium
  - Heart disease
  - Nasal damage

### Taking Drugs = Destroying Yourself

- Drug abuse is very dangerous and addictive. Apart from damaging the physical and mental health, drug abuse can lead to accidents and be fatal
- Illegal drugs may include impurities or adulterants. It would be even more dangerous to take drugs together with alcoholic beverage, which can be fatal
- Taking several types of drugs together, even with low dosage, can be fatal

Dangerous Drugs Ordinance (Cap.134):

- Illegal possession or consumption 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

## STAND FIRM Knock Ketamine Out

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

Effects and dangers:

- Memory loss
- Impaired muscle function
- Heart problems
- Loss of consciousness
- Hallucination
- Frequent urination
- Urinary incontinence
- Brain damage

## STAND FIRM Knock Cannabis Out

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

Effects and dangers:

- Hallucination
- Impaired co-ordination
- 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



Effects and dangers:

- 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 Ecstasy Out

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



Effects and dangers:

- Tending to over-exercise, which 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, such feelings may last for 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, e.g. party sites, can lead to dehydration and heart or kidney failure
- Abusers may undermine safe sex practices due to reduction in inhibitions

## For Parents

Show more concern to children and watch out for the following signs:

- Unexcused absence from school and drop in academic performance
- Staying out till very late frequently
- Stealing small items from home and school, or persistently asking for more pocket money
- Staying in their own room or washroom, or away from the family for unusually long periods
- Mood instability, unusual flare-up, impaired memory, hallucination, outbreak of temper, restlessness, sleep disorder
- Loss of appetite, unusually tired, slurred speech, impaired reaction
- Peers with strange look and facial expression, their conversations mixed with code words, such as "No.4", "grass", "flake", "Kit Kat" and etc.
- Unusual body smell
- Possessing drugs or drug paraphernalia, such as pills, cough syrup bottles, tin foil, bottle or soft drink pack with two straws and very short straw

### Communicating with youth

#### Do's ✓

- Be calm, talk skillfully
- Accept different views from children
- Understand and try to accept children's desire for trendy things
- Respect the privacy of children
- Appreciate children's unique strengths
- Show care and concern to children

#### Don'ts ✗

- Lose temper, insult children
- Excessive parental guidance
- Over control on children's appearance and behaviour
- Violate the privacy of children
- Compare children with others
- Judge before asking and ignore children's sentiment when offering guidance

