

This resource provides a summary of cocaine, including info on what it is, how it affects your mind and body, what happens when you have too much, mixing with other drugs, ways you can be safer and where to get support if you feel like you need it.

Also known as: coke, nose candy, nose beers, powder, rack, blow, Charlie, white dust.

What is cocaine?

Cocaine is a stimulant drug, which means it speeds up how your brain talks to other parts of your body, giving you lots of energy. It is made from the leaves of the coca plant and comes in a white powder that is usually snorted, injected or rubbed on the gums.¹

How cocaine can make you feel (short-term):

Your mood before you use cocaine, the people you are with, and the surroundings you're in can impact your experience. You might feel:



happy

keen to have a yarn

alert and full of energy

anxious

increased sex drive

paranoid

annoyed and aggressive.^{1,2}

You will feel something in 5-10 minutes after snorting.³

What cocaine can do to your body (short-term):



dry mouth

headaches

dizzy

trouble sleeping

big pupils

fast heartbeat

fast breathing

high body temp

not hungry

blood nose.^{1,2}

How long does it last?

30-45 minutes.

What happens if use too much cocaine?

Using lots of cocaine can cause overdose and lead to death. You might experience:

- feeling very anxious
- chest pains
- panic
- shaking
- heart problems
- kidney failure
- seizures
- stroke.⁴

If you or someone you know reacts like this after taking cocaine, call triple zero (000) immediately. Ambulance officers do not have to involve the police unless there is a threat to their safety.

What happens if I use a lot of cocaine for a long time?

Regular use of cocaine may lead to:

- addiction/dependence
- kidney failure
- feeling anxious and paranoid all the time
- stroke
- seizures
- lung problems.^{5,6}

What happens when I stop using cocaine after a while?

Giving up cocaine after a long time can be hard because your body is not used to going without it, and you can go into withdrawal.

You might experience:

- feeling sad or anxious
- feeling very tired with no energy
- trouble sleeping
- craving more cocaine.⁵

It's important to speak to a doctor or other support person if you want to stop using cocaine, you can also call one of the support numbers on the next page.



What happens when I mix cocaine with other drugs?



Cocaine + benzos: benzos can lessen the effects of cocaine a bit.³



Cocaine + alcohol: cocaine can mask the effects of alcohol and you may drink more. Can increase risk of alcohol poisoning.³



Cocaine + cannabis: can make you feel extra anxious, paranoid and confused.³



Cocaine + ice: can make you feel anxious and also put a lot of pressure on your heart, which can lead to stroke.³



Cocaine + GHB/heroin: cocaine makes your heart rate faster, while GHB/heroin slows it down, masking the effects of each other. Depending on how much you take, you could overdose on either drug if one wears off before the other.³

How can I stay safer?

- Try a little bit first up to test how strong it is and how you react before using more.
- Try and take breaks from using or switch nostrils – snorting cocaine a lot can hurt your nose.
- If you have heart problems, it might be better to not use.
- Drink water regularly and cool down while using.
- Try eating every 2-3 hours while using.
- Use around Mob you trust and somewhere you feel safe.³

Where to get support:

National Alcohol and Other Drug Hotline (24/7): 1800 250 015

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

13 Yarn (24/7): 13 92 76

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

Brother to Brother (24/7): 1800 435 799

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

Yarning Safe and Strong (24/7): 1800 959 563

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

Victorian Aboriginal Health Service (VAHS): 03 9419 3000

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services](#).

References

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