

# How to get through the day after using grog or drugs.

## Summary:

There's a good chance you might feel sick, run down, or stressed after a big day or night of using grog and drugs. This resource will assist you to understand how to look after yourself, and where you can go for more support.

## What can I do before I use and when I use to stay safer?

It's good to think about what you can do before using grog or drugs, and while using, so that you can be safer. You could:

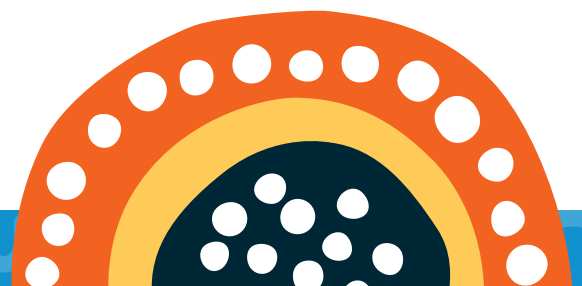
- eat some good food and drink lots of water
- if you are using drugs, try a small amount before taking more
- try not to use large amounts of grog or drugs
- take breaks/rest between using
- try not to use different drugs together (mixing)
- think about how you feel before using grog or drugs. If you feel bad or stressed, these feelings could get worse after you use. Maybe think about some other things you could do instead, or yarn to someone you trust like a friend or counsellor.

## What happens the day after using grog and drugs?

It depends on how much you've used, if you mixed drugs, or if you have used the drugs before. Here are some things you might experience:

- muscle twitching
- shaking
- restless legs
- feeling sick or vomiting
- headaches
- mouth ulcers
- feeling stressed, sad or annoyed
- feeling tired/exhausted
- trouble concentrating
- trouble sleeping
- not hungry.<sup>1,2</sup>

A good thing to remember is these feelings won't last forever – maybe a few days at most. But you might not feel like doing the usual stuff, like seeing friends or family, playing sport, or going to work. If you are worried about any of your symptoms, visit your doctor for a checkup.



## What can I do to feel better?

Here are some things that can help in the days after using grog or drugs:

- **Have a break from using again** – it might feel like it works at the time, but it will only delay your symptoms.
- **Eat healthy food** – things like fruit, veggies, rice, or mashed potato are good options. This kind of food can assist you to get your energy back.
- **Stay hydrated** – drink lots of water.
- **Get some rest** – take a nap or watch some TV, it can support your body to rest and heal.
- **Hang out with a friend** – call or message someone you trust for support or company.
- **Go on Country** – take a short walk, swim or time in nature.
- **Be kind to yourself** – take it easy. Avoid things that stress you out, could be a place or a person. Do things that make you feel good, like listening to music.

## 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.

### Healthdirect: 1800 022 222

Talk to a registered nurse if you are worried about your symptoms or for some caring health advice.

### 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

1. Brands B, Sproule B, Marshman J. Drugs and Drug Abuse. Toronto: Addiction Research Foundation; 1998 [22.02.2023]. Available from: <https://adf.on.worldcat.org/oclc/38900581>
2. Campbell A. The Australian Illicit Drug Guide: Every Person's Guide to Illicit Drugs-Their Use, Effects and History, Treatment Options and Legal Penalties: Black Inc; 2001 [07.02.2023]. Available from: <https://adf.on.worldcat.org/oclc/48404595>.

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