



Anti-drug

a fight without borders

For a healthy and energetic world



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Toll-free 24-hour rehabilitation helpline

0800-770-885

Drug Abuse Prevention Center of Tainan City Government

I

What is a narcotic?

According to the "Narcotics Hazard Prevention Act," narcotics are "those narcotic drugs and their derivative products that are habit-forming, cause abusive usage, and are a danger to society, and other substances and their products that affect psychological behavior." The narcotics are divided into four categories.

The categories and their items are described as follows:

Category One	Category Two	Category Three	Category Four
 <p>Heroin</p>	 <p>Amphetamine</p>	 <p>Ketamine</p>	 <p>Alprazolam</p>
 <p>Opium</p>	 <p>Bath salt</p>	 <p>Erimin</p>	 <p>Zolpidem</p>
 <p>Cocaine</p>	 <p>Ecstasy</p>	 <p>Meow Meow</p>	 <p>5-MeO-DIPT</p>

Source: Internet news, antidrug.moj.gov.tw and Taipei Veterans General Hospital

II

Be aware of drugs in diverse disguises, for instance:

- 1 Packed in cutely-designed packages or disguised as snack foods to lure teenagers' into unknown use of narcotics.
- 2 Sealed in snack, biscuit or teabag packages that have been emptied of original content
- 3 To be consumed in unconventional ways such as cigarettes or stamps.



Instant Coffee Sachets



Cigarette Packs



Khat



Vitamin Drink Sachets



Cutely-designed Packages



Stamps



Gummy Candies



GHB in Branded Coffee Bottles



Popping Candies

Source: Internet news and antidrug.moj.gov.tw

III

Signs of substance abuse and behavioral changes

- Unusual body smell.
- Loss of appetite, weight loss, reversed sleep pattern, or drowsiness.
- Running nose despite not having a flu or traces of powder around the nose.
- Emotional ups and downs, restlessness, problems concentrating or thinking clearly.
- Occasional self-talking, auditory or other hallucinations, or unexplained movements.
- Irrational use of money and increased borrowing of money from friends.

Respiratory system:

damage to the mucous membrane of the nose, nausea, vomiting, or runny nose.

Cardiovascular system:

irregular heartbeats, myocardial infarction, or heart failure.

Urinary tract system:

interstitial cystitis, renal edema, or renal function deterioration.

Systemic reactions:

chills, weight loss, loss of appetite, abnormal liver function, hepatitis, or body odor.



IV

How can you help as a friend or family member?

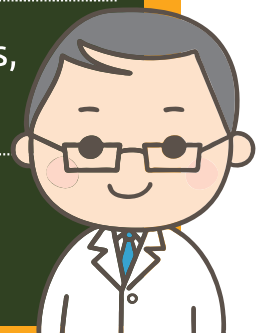
What can you do to help a friend or family member when you notice a change in his/her mood and behavior, or an odor of a controlled substance?

- 1 Take time to observe.
- 2 Listen, support and keep company.
- 3 Communicate and try to understand his/her situation.
- 4 Identify the causes of substance abuse.
- 5 Reach out for specialized support.

V

Anti-drug dos and don'ts

- ★ Don't drink from a bottle or can already opened.
Don't accept drinks offered by anyone.
- ★ Don't consume a product, medicine or drink of unknown origin or claimed to produce "magical effects."
- ★ Don't purchase nor take free samples of cigarettes, instant drink sachets or drinks from strangers.
- ★ Stay alerted and never leave your own drink unattended.



VI

Supportive services available



Call the toll-free 24-hour rehabilitation helpline : **0800-770-885** or write to the dedicated email address : **mhp58@tncghb.gov.tw** for specialized substance abuse assistance.

VII

Policing and administrative reporting system

a supportive reporting network is in place for the public. Any information on drug addicts or dealers in the community shall be reported to 110 immediately.



VIII

Narcotics-related penalties

Substance abuse may violate the Narcotics Hazard Prevention Act, the Criminal Law or other regulations. Manufacturing, transporting, or selling controlled narcotics may be punishable by death or life imprisonment. A person possessing or using such substances may also be sentenced. The Ministry of Labor will revoke the work permit of any foreign national prosecuted for a narcotics-related offense. The offender will be deported and denied future permits.

Persons possessing or using pure Ketamine of more than 5 grams without justification will be imprisoned for a term not exceeding two years, and may be fined no more than two hundred thousand New Taiwan dollars. Persons possessing or using pure Ketamine of less than 5 grams will be punished by a fine of not less than ten thousand nor more than fifty thousand New Taiwan dollars and ordered to attend four to eight hours of substance abuse education.

Brief Symptom Rating Scale

BSRS-5, Mood Thermometer

Instructions : BSRS-5 is a self report scale. To rate based on the level of distress of personal feeling about each item during the past week, including today.

Rating description	not at all	a little bit	moderately	quite a bit	extremely
1 Trouble falling asleep	0	1	2	3	4
2 Feeling tense or keyed up	0	1	2	3	4
3 Feeling blue	0	1	2	3	4
4 Feeling easily annoyed or irritated	0	1	2	3	4
5 Feeling inferior to others	0	1	2	3	4
★ Having suicidal thoughts	0	1	2	3	4

Scores and Recommendations

If your total score from Q1-Q5 is

Lower than 5 congratulations! You are very well adjusted.

Within 6 to 9 you have slight mental stress. We recommend that you seek emotional support. Talk to your friends or families!

High than 10 you are under great mental stress. We recommend that you seek psychological counseling and medical service.

If your score to "having suicidal thoughts" is Higher than 2, we recommend that you seek psychological counseling or medical service.



The 24-hour Toll-Free Hotline for foreign workers : **1955**

Toll-free number for psychological counseling appointment : **06-335-2982**

24-hour toll-free relief hotline : **1925**