

Why do people use grog and drugs?

Summary

People use grog and drugs for many reasons: to relax, to have fun, to fit in, out of curiosity, to rebel or to feel good/look good. They might also use grog and drugs to cope with pain, relieve stress, because they're bored, or to deal with issues that are impacting their lives and their community. This resource provides information on the different reasons people use grog and drugs, and some options for support.

Different types of grog and drug use

Experimental use: someone might try a drug once or twice because they are curious how it makes them think or feel.

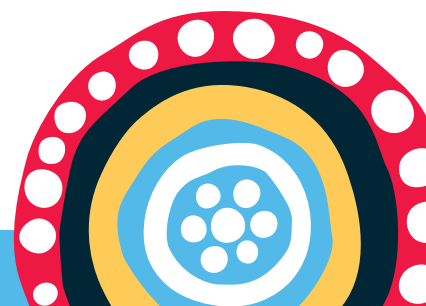
Recreational use: someone uses a drug because they like the feelings they get from it, and it allows them enjoy a social event, such as parties or hanging out with Mob.

Situational use: someone uses a drug for a particular situation. It might assist them to manage feelings like being sad or stressed, or they might take it because they want to fit in.

Intensive use or 'bingeing': when someone drinks a lot of grog or uses a lot of drugs over a short time. This might be hours, days or weeks.

Dependent use: someone becomes addicted or dependant on grog or drugs after using large amounts over a long time. They need it to feel normal and will start feeling sick if they stop using (going through withdrawal).

Therapeutic use: a person takes a pharmaceutical drug (medicine) to manage a health condition.¹



Where to get support

If you're worried about your own use of grog or drugs, here are some support numbers you can call:

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

1. Ritter A, King T, Hamilton M. Drug use in Australian society. South Melbourne, Vic: Oxford University Press; 2017 [05.07.2023]. Available from: <https://adf.on.worldcat.org/oclc/969121573>.

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