White line worries

Question

A few months ago I tried a couple of lines of cocaine. I also had a few drinks. Although I suffered no short-term side effects, what problems could occur in the long term?

Answer

Taking drugs for the first time can be a worrying experience. It is difficult to say what long-term consequences you may encounter, as other factors, such as your history of drug use, physical and mental health should be considered. But, if this experience was a one-off or happens infrequently, the chances of long-term side effects will be minimal.

If you do take cocaine again, remember that you run a greater risk of danger while under the influence of drugs. Your senses, brain and reflexes are not working as they normally would and you may find yourself in risky situations that you would otherwise avoid. It is always best to consider your health and safety first.

Cocaine is one of those drugs that people tend to like immediately because it brings about feelings of excitement and confidence, which can lead to frequent use. It is never a good idea to mix drugs, and this includes alcohol which is a type of drug, with its own risks and effects.

It is difficult to know what effects drugs will have on you, mostly because the can affect people differently. There are common risks and effects that characterise certain drugs. It's wise to learn about these and make your decision about if or how much of the drug you should use based on the facts about drugs, the law and risk of addiction.

If you would like to get further information about cocaine and alcohol call Frank on 0800 77 66 00. You can talk to someone confidentially and they will also be able to give you information about support services in your local area. If you still feel worried it might be a good idea for you to have a face-to-face chat with a drug counsellor, which you can access through one of these services.