



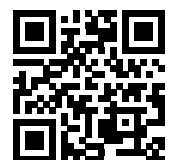
常見精神依賴性藥物及賭博

本資訊是對賭博和常見精神依賴性藥物，及它們帶來的危害和有害行為的預警信號的一個簡單介紹。人們有時會通過飲酒、用藥或其他一些行為，諸如：賭博，購物，暴飲暴食，性行為，鍛煉，互聯網和電子娛樂等來使自己感覺良好。事實上，過度放縱任何讓人感覺良好的行為，都有可能使生活失去平衡，從而產生問題。

Gambling, alcohol and drugs

This resource gives a brief introduction to gambling, alcohol and some commonly used drugs and their associated risks and warning signs of harmful behaviour.

People can come to rely on and need alcohol, drugs or other behaviours such as gambling, shopping, eating, sex, exercise, or online activities to feel good. Any behaviour that feels good and becomes more important than other aspects of one's life can create problems for people.



賭博

新西蘭的成年人中，有一半的人有賭博行為，三分之一的亞裔人群有賭博行為（衛生部，2015年）。每1000人中大約有3人有賭博問題，並且有25人會受到他人賭博問題的影響。人們可以賭博的方式有：電子賭博儀器（老虎機）、賭場桌上游戲、在線賭博遊戲、樂透彩券、體育競賽或跟蹤投注。

危險賭博行為的預警信號包括的問題有：

- 財務問題 - 借錢來賭博和還債
- 工作或學習問題 - 工作遲到，上學曠課
- 人際關係問題 - 與家人和朋友撒謊和爭吵
- 其他精神健康問題 - 抑鬱和焦慮

酒精和藥物（精神依賴性藥物）

酒精和一些精神依賴性藥物有時被用來作為娛樂，而不是醫療用途中。在本文中，我們根據精神依賴性藥物和酒精的主要作用將其分為三類：包括中樞神經系統抑製劑，中樞神經系統興奮劑和致幻劑。多數藥物屬於這三類中的一種，有些藥物則兼具多種屬性。

常見精神依賴性藥物



中樞神經系統抑製劑

中樞神經系統抑製劑會減緩大腦和身體的機能，讓人們感到放鬆和快樂。當使用藥物劑量增加時，則會引起困倦無神、呼吸淺慢、笨拙遲鈍、有時候會昏睡過去，甚至死亡。最常用的中樞神經系統抑製劑就是酒精，在過去一年裡，新西蘭有五分之四的人飲用過酒（衛生部，2019年）。其他常用的抑製劑包括阿片類藥物（例如：海洛因和嗎啡）、安眠藥（例如：地西洋）和膠水及溶劑等。

中樞神經系統興奮劑

最常用的中樞神經系統興奮劑是咖啡因（如：茶、咖啡和能量飲料）和尼古丁（如：香煙和電子煙）。在新西蘭一些人也使用安非他命、甲基苯丙胺、可卡因和搖頭丸等其他中樞神經系統興奮劑。中樞神經系統興奮劑的主要作用是能加速大腦和身體的機能，使人感到更加警覺和精力充沛。也可能不會有飢餓感，甚至有時候會引起強大的幸福感和極度興奮。興奮劑使用劑量過多能夠導致強烈的優越感、睡眠困難、焦躁不安、衝動易怒、強迫行為和緊張焦慮。那些使用興奮劑的人，特別是定期使用它們的人，也許會變得坐立不安、焦慮或偏執。

致幻劑

LSD和“神奇”蘑菇是致幻劑，它們會放大人們的味覺、觸覺、聽覺和視覺。在極端的情況下，致幻劑也許可以使人產生不真實的感覺。致幻劑的其他可能的效應包括興奮、扭曲現實、分心、焦慮、妄想和恐懼。一些娛樂藥物諸如搖頭丸（一種興奮劑）和氯胺酮（一種鎮靜劑）也有一些致幻劑的特性。

大麻具有鎮靜劑、興奮劑和致幻劑的特性，對某些使用者尤其是對初期使用者會產生不可預測的影響。使用大麻的直接影響為感覺平靜放鬆、幻覺、多疑、心跳加速、坐立不安、分心和注意力分散。大約十分之一的人有常規使用大麻的行為（衛生部，2019年）。

在過去的20年間，科學家開發出了很多的合成大麻素和其他藥物。這些藥物的效果會比天然的大麻和其他常用藥物更加強烈和危險。

酒精和用藥的危險性

危險使用的跡象可能包括以下問題：

- 藥物中毒的危害，反復受傷和醉酒沖動行為
- 需要更多的藥物來感受效果：與其他藥物同時使用時效果更明顯
- 服用過量和意識喪失
- 使用方法的危害：比如針頭注射會損害靜脈，吸煙會損傷肺，用鼻子吸入精神依賴性藥物可以永久性地損傷鼻腔
- 使用的量（例如：宿醉，短暫失去知覺和曠工）
- 使用了多長時間（例如：人際關係問題，長期飲酒會損傷心臟、大腦、肝和肺）。
- 長期依賴酒精和藥物，身體會有慢慢變得以依賴飲酒和用藥的感受來保持正常的機能運轉的危險。
- 在長期經常飲酒和用藥後，身體和大腦已經習慣它們的作用，如果立刻停止飲酒和用藥的話，人們要經歷戒斷反應。

警告：突然停止使用酒精等鎮靜藥物會導致癲癇發作和死亡。

Gambling

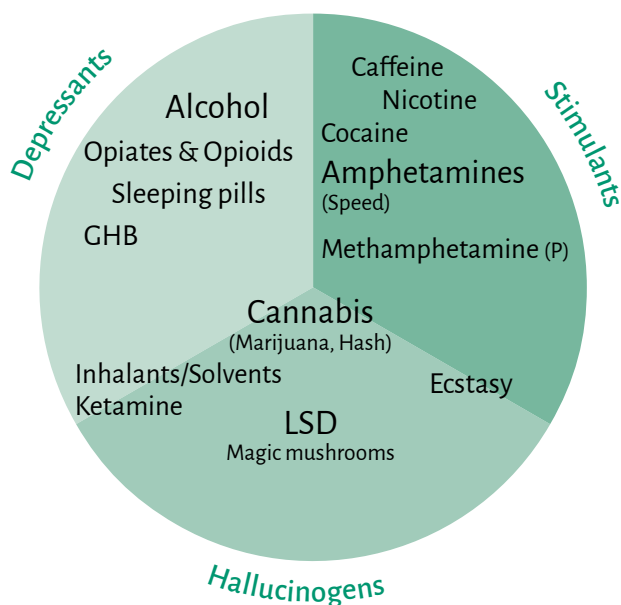
Half of the adult population in New Zealand gamble and 1 in 3 Asian people gamble (Ministry of Health, 2015). About 3 people in a 1000 have gambling issues and 25 others are affected by someone else's gambling. People can gamble on electronic gaming machines (pokies), casino table games, online gambling games, lotteries, and sports or track betting.

Signs of risky gambling behaviour include problems with:

- › finances - borrowing money for gambling and debt
- › work or study - late to work, skipping university classes
- › relationships – lying to and arguing with family, whānau and friends
- › other mental health issues - depression and anxiety.

Alcohol and drugs

Substances like alcohol and drugs, used for pleasure not as medicine, can be grouped into three general types. Depending on their main effects, these are known as: depressants, stimulants, and hallucinogens. Many substances fit neatly into one category, while others fit more than one because they have mixed effects.



Depressants

Depressants slow down the brain and body so people are likely to feel relaxed and happy. When people use more this can lead to drowsiness, shallow breathing, clumsiness, and sometimes unconsciousness and even death. The most commonly used depressant is alcohol with four in five people having used alcohol in the past year (Ministry of Health, 2019). Other common depressants include opiates (such as heroin and morphine), sleeping pills (such as diazepam), and glues and solvents.

Stimulants

Caffeine (in tea, coffee and energy drinks), nicotine (in tobacco and vaping) are the most commonly used stimulants. Amphetamine, methamphetamine, cocaine and ecstasy are other stimulants used by some people in New Zealand. The main effect of stimulants is to speed up the brain and body so people feel more awake and energetic. People may also not feel hungry and sometimes feel very happy and excited. Using more of a stimulant can lead to a sense of superiority, trouble sleeping, irritability, impulsiveness, compulsions and nervousness. People who use stimulants, especially those who use them regularly, may become agitated, anxious or paranoid.

Hallucinogens

LSD and 'magic mushrooms' are hallucinogens that exaggerate taste, touch, hearing and sight. At the most extreme, hallucinogens may cause sensations that are not real. Other effects can include excitement, not understanding what is happening, distraction, anxiety, paranoia and fear. Other recreational drugs such as ecstasy (a stimulant) and ketamine (a depressant) also have some hallucinogenic effects.

Cannabis has depressant, stimulant and hallucinogenic effects and can be unpredictable for some people, especially the first few times it is used. Immediate effects of cannabis can include feeling relaxed and calm, hallucinations, paranoia, a racing heart, restlessness, distractibility and poor concentration. Cannabis is used regularly by about one in 10 people (Ministry of Health, 2019).

Many synthetic cannabinoids and other drugs have been created by scientists over the past 20 years. These tend to be much stronger and riskier to use than natural cannabis and other more common drugs.

Signs of risky alcohol and drug use

Signs of risky use can include problems due to:

- › intoxication: repeated injuries and impulsive behaviour while intoxicated
- › needing more to feel the effects: using much more of a drug or more than one drug at the same time so effects are greater
- › overdose and loss of consciousness
- › methods of use: injecting carries a risk of damaging veins, smoking can harm the lungs, sniffing can permanently damage the nose
- › how much is used: hangovers, blackouts, missing work
- › how long they are used; relationship problems, health problems, e.g. long-term alcohol use can damage the heart, brain, liver and lungs
- › relying on alcohol and drugs to function and feel normal
- › withdrawal effects when not using a substance: the body and brain adapt to alcohol and drugs after long-term regular use

Warning: Suddenly stopping using depressant drugs like alcohol can lead to seizures and death.

參考資料及其他相關資料

Matua Raki online Asian language resources
(在線亞洲語言資源) : <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

衛生部 (2015)。賭博與問題賭博:2011/12新西蘭健康調查結果。惠靈頓:衛生部。 <https://www.health.govt.nz/system/files/documents/publications/gambling-results-of-the-201112-nzhs.pdf>

衛生部 (2019)。新西蘭健康調查:年度數據瀏覽器。
[在線, 2019年6月訪問]
https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/_w_0811ceee/_w_5140da91/#!/home



哪裡可以獲得幫助?

如果你擔心自己、家人或朋友會受到成癮相關問題的影響, 那麼請聯繫以下單位獲取更多資訊。

Need to talk? (需要聊聊嗎?)

0800 173 7173 或 短信1737

Alcohol Drug Helpline (飲酒和用藥幫助熱線)

0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

亞裔家庭服務 (為賭博問題和其他問題服務)

0800 862 342

Press 1 for English/Chinese (按1 是英文/中文)

Mon-Fri, 9am-8pm (服務時間: 週一至週五, 上午9點至下午8點)

www.asianfamilyservices.nz/2001325991.html

Community Alcohol and Drug Services (CADS)

(Auckland region only)

社區飲酒和用藥問題諮詢中心 (CADS)

(僅限奧克蘭地區)

Ph (電話) 09 845 1818 (English/英文)

Language Line (語言線) 09 442 3232 (Chinese/中文)

Fax (傳真) 09 845 1845

Gambling Helpline (賭博幫助熱線) 0800 654 655

Lifeline (生命熱線) 0800 543 354

References and further information

Matua Raki online Asian language resources: <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

Ministry of Health. (2015). *Gambling and problem gambling: Results of the 2011/12 New Zealand Health Survey*. Wellington: Ministry of Health. Retrieved from <https://www.health.govt.nz/system/files/documents/publications/gambling-results-of-the-201112-nzhs.pdf>

Ministry of Health. (2019). *New Zealand Health Survey: Annual Data Explorer*. Wellington: Ministry of Health. Retrieved June 2019, from https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/_w_0811ceee/_w_5140da91/_w_d77d4f44/#!/home

Where to get support?

If you are concerned about addiction-related problems affecting yourself, a friend or a whānau member, please contact the following services for more information.

Need to talk?

0800 173 7173 or text 1737

Alcohol Drug Helpline

0800 787 797

www.alcoholdrughelp.org.nz

Asian Family Services

(for gambling problems and other issues)

0800 862 342

Press 1 for English/Chinese

Mon-Fri, 9am-8pm

www.asianfamilyservices.nz/2001325991.html

Community Alcohol and Drug Services (CADS)

(Auckland region only)

Ph 09 845 1818 (English)

Language Line

09 442 3232 (Chinese)

Fax 09 845 1845

www.cads.org.nz

Gambling Helpline

0800 654 655

Lifeline

0800 543 354