



常见精神依赖性药物及赌博

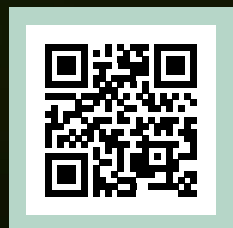
本资讯是对赌博和常见精神依赖性药物，及它们带来的危害和有害行为的预警信号的一个简单介绍。

人们有时会通过饮酒、用药或其他一些行为，诸如：赌博，购物，暴饮暴食，性行为，锻炼，互联网和电子娱乐等来使自己感觉良好。事实上，过度放纵任何让人感觉良好的行为，都有可能使生活失去平衡，从而产生问题。

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.



赌博

新西兰的成年人中，有一半的人有赌博行为，三分之一的亚裔人群有赌博行为（卫生部，2015年）。每1000人中大约有3人有赌博问题，并且有25人会受到他人赌博问题的影响。人们可以赌博的方式有：电子赌博仪器（老虎机）、赌场桌上游戏、在线赌博游戏、乐透彩券、体育竞赛或跟踪投注。

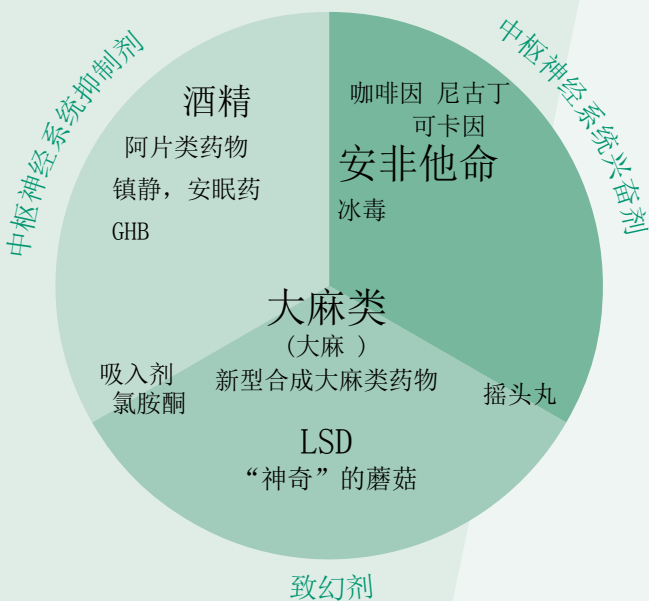
危险赌博行为的预警信号包括的问题有：

- 财务问题 - 借钱来赌博和还债
- 工作或学习问题 - 工作迟到、上学旷课
- 人际关系问题 - 与家人和朋友撒谎和争吵
- 其他精神健康问题 - 抑郁和焦虑

酒精和药物（精神依赖性药物）

酒精和一些精神依赖性药物有时被用来作为娱乐，而不是医疗用途中。在本文中，我们根据精神依赖性药物和酒精的主要作用将其分为三类：包括中枢神经系统抑制剂，中枢神经系统兴奋剂和致幻剂。多数药物属于这三类中的一种，有些药物则兼具多种属性。

常见精神依赖性药物



中枢神经系统抑制剂

中枢神经系统抑制剂会减缓大脑和身体的机能，让人们感到放松和快乐。当使用药物剂量增加时，则会引起困倦无神、呼吸浅慢、笨拙迟钝、有时候会昏睡过去，甚至死亡。最常用的中枢神经系统抑制剂就是酒精，在过去一年里，新西兰有五分之四的人饮用过酒（卫生部，2019年）。其他常用的抑制剂包括阿片类药物（例如：海洛因和吗啡）、安眠药（例如：地西洋）、和胶水及溶剂等。

中枢神经系统兴奋剂

最常用的中枢神经系统兴奋剂是咖啡因（如：茶、咖啡和能量饮料）和尼古丁（如：香烟和电子烟）。在新西兰一些人也使用安非他命、甲基苯丙胺、可卡因和摇头丸等其他中枢神经系统兴奋剂。中枢神经系统兴奋剂的主要作用是能加速大脑和身体的机能，使人感到更加警觉和精力充沛。也可能不会有饥饿感，甚至有时候会引起强大的幸福感和极度兴奋。兴奋剂使用剂量过多能够导致强烈的优越感、睡眠困难、焦躁不安、冲动易怒、强迫行为和紧张焦虑。那些使用兴奋剂的人，特别是定期使用它们的人，也许会变得坐立不安、焦虑或偏执。

致幻剂

LSD和“神奇”蘑菇是致幻剂，它们会放大人们的味觉、触觉、听觉和视觉。在极端的情况下，致幻剂也许可以使人产生不真实的感觉。致幻剂的其他可能的效应包括兴奋、扭曲现实、分心、焦虑、妄想和恐惧。一些娱乐药物诸如摇头丸（一种兴奋剂）和氯胺酮（一种镇静剂）也有一些致幻剂的特性。

大麻具有镇静剂、兴奋剂和致幻剂的特性，对某些使用者尤其是对初期使用者会产生不可预测的影响。使用大麻的直接影响为感觉平静放松、幻觉、多疑、心跳加速、坐立不安、分心和注意力分散。大约十分之一的人有常规使用大麻的行为（卫生部，2019年）。

在过去的20年间，科学家开发出了很多的合成大麻素和其他药物。这些药物的效果会比天然的大麻和其他常用药物更加强烈和危险。

酒精和用药的危险性

危险使用的迹象可能包括以下问题：

- 药物中毒的危害，反复受伤和醉酒冲动行为
- 需要更多的药物来感受效果：与其他药物同时使用时效果更明显
- 服用过量和意识丧失
- 使用方法的危害：比如针头注射会损害静脉，吸烟会损伤肺，用鼻子吸入精神依赖性药物可以永久性地损伤鼻腔
- 使用的量（例如：宿醉，短暂失去知觉和旷工）
- 使用了多长时间（例如：人际关系问题，长期饮酒会损伤心脏、大脑、肝和肺）。
- 长期依赖酒精和药物，身体会有慢慢变得以依赖饮酒和用药的感受来保持正常的机能运转的危险。
- 在长期经常饮酒和用药后，身体和大脑已经习惯它们的作用，如果立刻停止饮酒和用药的话，人们要经历戒断反应。

警告：突然停止使用酒精等镇静药物会导致癫痫发作和死亡。

Gambling

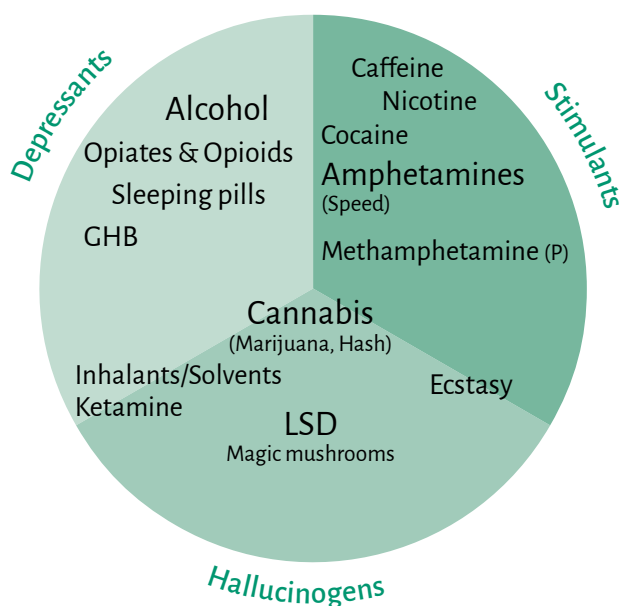
Half of the adult population in New Zealand gamble and 1 in 3 Asian people gamble (Ministry of Health, 2015). About 3 people in a 1000 have gambling issues and 25 others are affected by someone else's gambling. People can gamble on electronic gaming machines (pokies), casino table games, online gambling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

Further information (更多资讯)

Matua Raki online Asian language resources
(在线亚洲语言资源): <https://www.matuaraki.org.nz/initiatives/asian-language-resources/182>

卫生部 (2015)。赌博与问题赌博:2011/12新西兰健康调查结果。惠灵顿:卫生部。<https://www.health.govt.nz/system/files/documents/publications/gambling-results-of-the-201112-nzhs.pdf>

卫生部 (2019)。新西兰健康调查:年度数据浏览器。
[在线, 2019年6月访问]
https://minhealthnz.shinyapps.io/nz-health-survey-2017-18-annual-data-explorer/_w_0811ceee/_w_5140da91/_w_d77d4f44/#!/home



哪里可以获得帮助?

如果你担心自己、家人或朋友会受到成瘾相关问题的影响,那么请联系以下单位获取更多资讯。

Need to talk? (需要聊聊吗?)
0800 173 7173 或 短信1737

Alcohol Drug Helpline (饮酒和用药帮助热线)
0800 787 797
www.alcoholdrughelp.org.nz

Healthline (健康热线) 0800 611 116

Asian Family Services
(for gambling problems and other issues)
亚裔家庭服务 (为赌博问题和其他问题服务)
0800 862 342

Press 1 for English/Chinese (按1 是英文/中文)
Mon – Fri, 9am-8pm
(服务时间: 周一至周五, 早9点至晚8点)

Community Alcohol and Drug Services (CADS)
(Auckland region only)
社区饮酒和用药问题咨询中心 (CADS)
(仅限奥克兰地区)
Ph (电话) 09 845 1818 (English/英文)
Language Line (语言线) 09 442 3232 (Chinese/中文)
Fax (传真) 09 845 1845

Gambling Helpline (赌博帮助热线) 0800 654 655

Lifeline (生命线) 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

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