

HIV, SUBSTANCE USE AND MENTAL HEALTH **DID YOU KNOW?**

THERE CAN BE ADDITIONAL MEDICAL COMPLICATIONS FOR A PERSON WITH HIV USING CERTAIN STREET DRUGS.

- If you're using needles you can get severe infections if your stick points are not clean.
- If you are sharing needles you can contract hepatitis C.
- Some studies have shown that HIV reproduces more quickly when cocaine and alcohol are in the blood stream.
- Crystal, marijuana, alcohol and ecstasy have all been related to increased risks of STD's.

SOME STREET DRUGS COMPLICATE THE USE OF HIV MEDICATIONS.

- Ritonavir (Norvir) can increase ecstasy's potency to a fatal degree.
- Speed, Special K (Ketamine) and heroin alter the potency of anti-retrovirals possibly leading to resistance.

STREET DRUGS CAN HAVE SIMILAR EFFECTS TO THE SYMPTOMS OF MENTAL DISORDERS.

- When you're tweaking, the symptoms are similar to the mania in bipolar disorder.
- When crystal is used over a period of days, you can have psychotic symptoms similar to those of schizophrenia, including paranoia, delusions, and hearing voices.
- When you crash from crystal or ecstasy, the symptoms are the same as depression.
- Marijuana can cause a lack of motivation and sense of tiredness similar to depression. It can also cause paranoia.
- When using Special K, you can fall into a "K hole" and lose primary senses and even consciousness.
- Because of effects such as these, substance use can complicate or mask psychiatric disorders so that a mental health professional would have difficulty treating you.

IF YOU THINK YOU MIGHT BE HAVING DIFFICULTIES RELATED TO SUBSTANCE USE, TALK TO YOUR APLA MENTAL HEALTH PROFESSIONAL OR CALL 1-800-622-HELP.

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