



## Did You Know?

Mixing cocaine and alcohol increases the risk for sudden death.

When people mix cocaine and alcohol, the body has a hard time deciding whether to speed up from the cocaine or to slow down from the alcohol.

Cocaine can cover up signs of too much alcohol use. This can lead to an overdose.



## What to expect when cutting back or quitting the use of cocaine:

- Change takes time.
- You may have some withdrawal symptoms.
- You will need support.

## You don't have to do this alone:

- Your doctor or behavioral health specialist can help you set up a plan
- Contact your doctor if you are having any medical concerns

## How can I learn more?

Visit this helpful website:  
[www.drugabuse.gov](http://www.drugabuse.gov)

Something to try:

---



---



---



---

Community Resources:

---



---



---



---

Behavioral Specialist:

Name \_\_\_\_\_

Contact \_\_\_\_\_

Name \_\_\_\_\_

Contact \_\_\_\_\_

Useful Websites/Literature:

---



---

Thanks to the Indiana Prevention Resource Center for sharing their original brochure with us. This publication was made possible by Grant Number TI23455 from the United States Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment to the Illinois Department of Human Services, Division of Alcoholism and Substance Abuse.



Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.

DHS 4555 (N-08-15) SBIRT Cocaine  
Printed by the Authority of the State of Illinois.  
PO# 15-2109 500 copies



# We Ask Everyone About Cocaine



The Illinois SBIRT Initiative  
Screening, Brief Intervention,  
and Referral to Treatment



## Cocaine

Cocaine (powder) and Crack Cocaine (rocks) are stimulant drugs. These drugs speed up the body's heart rate, breathing, and blood pressure. Overdose can make a person's heart stop and often leads to death.



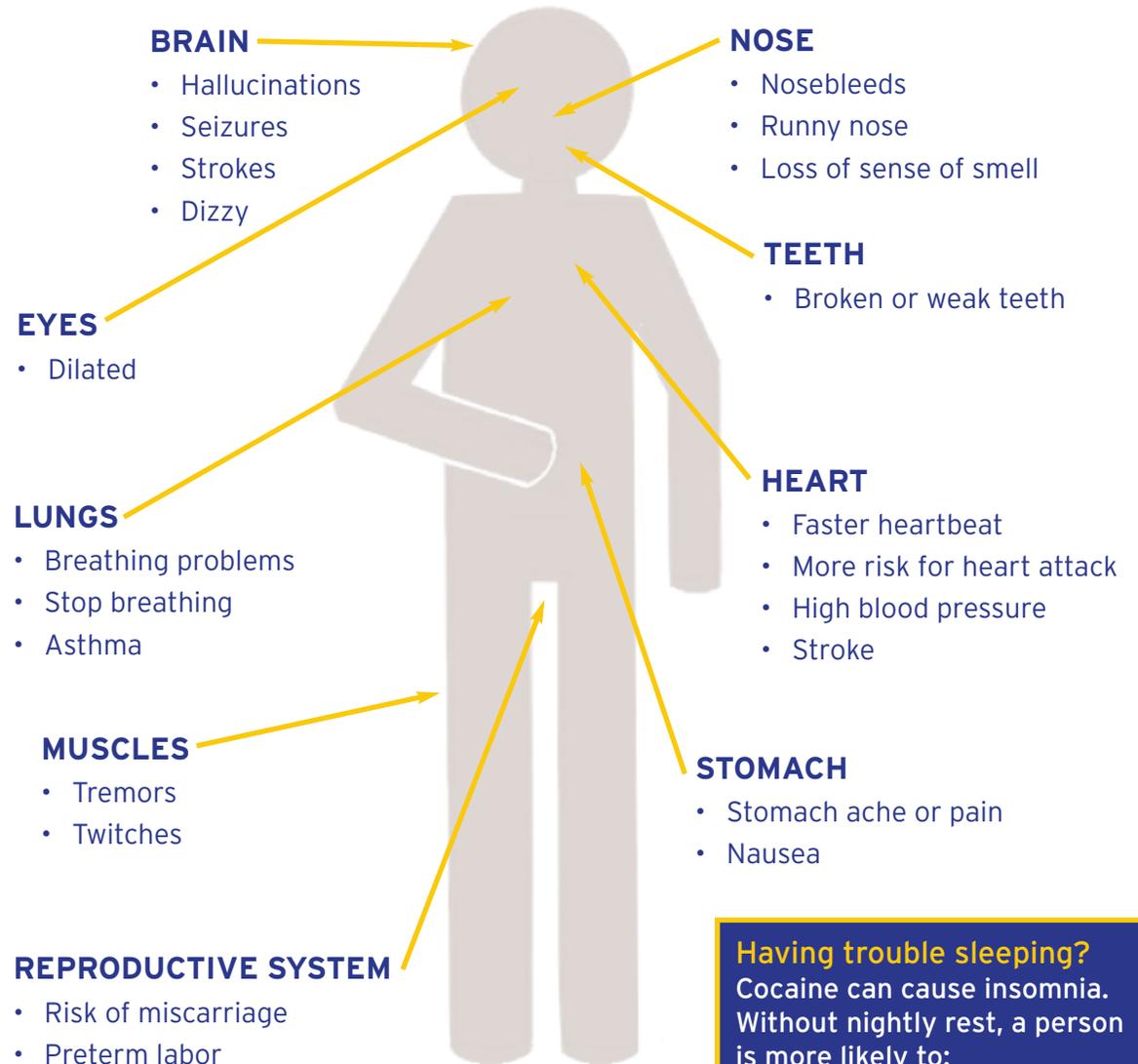
### Things to Think About:

- Do I ever have chest pain?
- Do I have trouble sleeping or stay up for a long time without sleeping?
- Do I get a lot of nose bleeds?
- Do I ever feel like people are watching me or out to get me?

### Risks for Cocaine Users:

- Cocaine is often "cut" with other drugs or substances.
- Sharing needles raises risks for the contraction of Hepatitis B or C and HIV.

## Effects of Cocaine



### Having trouble sleeping?

Cocaine can cause insomnia. Without nightly rest, a person is more likely to:

- Have mood swings
- Have trouble concentrating
- Drive dangerously
- Use again to feel "normal"