

LET'S  
TALK

# FREE AND CONFIDENTIAL

## We can:

- ✓ Provide information about alcohol or other drugs.
- ✓ Talk through issues you may be having around someone else's drug use.
- ✓ Link you with other services that may give you extra support.
- ✓ Support partners, parents, family and friends.
- ✓ Provide group support.
- ✓ Discuss our services that might support the person who is using alcohol or other drugs.

We aim to provide you with support based on your individual needs



We acknowledge the traditional custodians of the lands on which we work and live, and pay our respect to Elders past, present and future.



Health  
Illawarra Shoalhaven  
Local Health District

To discuss how Drug and Alcohol Services can help you or the person you care about call

 **1300 652 226**

(Mon-Fri: 9am-4.30pm)

**WANT US TO CALL YOU?  
SMS your name to 0497 652 227**

(This is an SMS line only)

We will call you during business hours. Calls from us appear as a private number.

## LOCATIONS

**ILLAWARRA**  
The Orana Centre,  
2 Rawson St, Wollongong

**SHOALHAVEN**  
Crossroads,  
49 Worrigea St, Nowra

## HELPFUL NUMBERS

After Hours Drug and Alcohol Support Line:  
1800 422 599

Mental Health Helpline: 1800 011 511

Family Drug Support: 1300 368 186

Lifeline: 13 11 14

Salvation Army First Floor Program Support:  
4229 1079

## Need an interpreter?

Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.



Health  
Illawarra Shoalhaven  
Local Health District

Do you support someone who uses or is dependent on alcohol or other drugs?



[www.islhd.health.nsw.gov.au/Services/Drug\\_and\\_Alcohol](http://www.islhd.health.nsw.gov.au/Services/Drug_and_Alcohol)

## HOW CAN I HELP?

### You can:

- ✓ **Talk** without judging. This is often easier if you know the effect the drug has.
- ✓ **Encourage** the person taking drugs or alcohol to seek help or get a Drug and Alcohol Health Check-up. This may help them review their drug or alcohol use. It may help them see if the drug or alcohol use starts to impact or is impacting on their physical or mental health.
- ✓ **Support** changes if a person wants to try to cut down or reduce harm from their use. They may or not want to stop. Not using is the safest option, but sometimes people do not feel they can, or do not want to do this straight away. When this happens, it helps to focus on ways to reduce harm.
- ✓ **Remember** change is hard.
- ✓ **Provide hope** and encouragement that change is possible, if they decide to stop using.



## WHAT ABOUT ME?

We all cope differently. It can be hard to support someone using drugs. Emotions may not always be positive and there may be a lot of history between you.

### You can:

- **Make an appointment** for yourself. This will help you to get the support you need and also understand what other services are available to you or the person you care about, e.g. counselling.
- **Care** for yourself first. The stress of caring for a person with dependence or problematic use can put a lot of strain on your own physical and mental health.
- **Plan** to do something you enjoy or that makes you feel positive, e.g. massage, gardening.
- **Link** with a support group. Sometimes carers feel that family and friends do not fully understand what they are going through. Linking with others who understand and who have been or are going through similar issues can provide extra support.
- **Eat** good food, which can help keep up your health, energy and mood.
- **Be active**, exercise can help manage stress and help you sleep, e.g. walk, swim.
- **Rest** or sleep when you can.
- **Take** time out for yourself.



### It is important to:

- **Understand** that no one can make another person change.
- **Recognise** that the drug user 'owns' their drug use and consequences arising from their decisions.
- **Not blame yourself** for someone else's decision to use drugs.

## SO WHY DON'T THEY JUST QUIT?

There can be many reasons for a person's ongoing drug or alcohol use. For example, they may be dependant, or they may choose to use alcohol or other drugs to;

- Try to relieve symptoms of anxiety and depression.
- Be social with friends.
- Feel the effects of the substance (these may include more confidence, affection, sexual arousal or help them to relax).

[www.islhd.health.nsw.gov.au/Services/Drug\\_and\\_Alcohol](http://www.islhd.health.nsw.gov.au/Services/Drug_and_Alcohol)

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