

If you want to make some changes to your drinking there are a lot of people who can help you.



**Health worker or nurse**

**Alcohol and drug worker**



**GP or AMS doctor**



**Friends who don't drink or maybe drink a little**

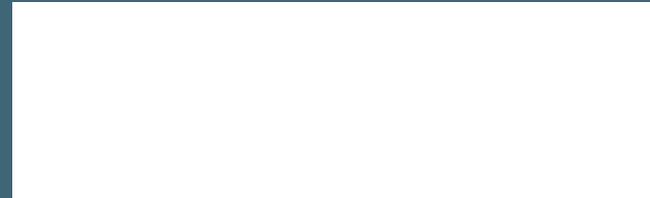
**Self help group or community group**



**Your family**

## For more information and help

### Local Contact



### Alcohol & Drug Support Line

The Alcohol and Drug Support Line can provide information about culturally secure alcohol and drug services in your area. They are a confidential, 24 hour, statewide telephone counselling, information and referral service for anyone concerned about their own or another person's alcohol or other drug use. Call backs are available.

**Phone: 9442 5000 or 1800 198 024** (country callers)  
**E-mail: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)**  
**Website: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)**

### Parent & Family Drug Support Line

Confidential, 24 hour, statewide telephone counselling, information and referral service for anyone concerned about a loved one's alcohol or other drug use. Parent callers can speak to a Parent Peer Volunteer with a lived experience of their own son or daughter's alcohol or other drug use. Call backs are available.

**Phone: 9442 5050 or 1800 653 203** (country callers)  
**E-mail: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)**  
**Website: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)**

Produced by **Strong Spirit Strong Mind™**  
Aboriginal Programs



Government of **Western Australia**  
Mental Health Commission

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The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawuru people.  
Illustrations: Patrick Bayly, Workspace Design.  
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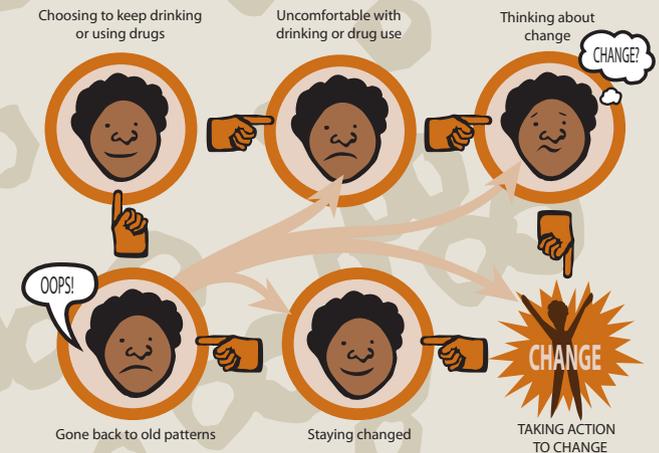


## STRONG SPIRIT STRONG MIND

Aboriginal Ways of Reducing Harm  
From Alcohol and Other Drugs

## How risky is my drinking? AUDIT Feedback Tool

## What stage of change are you at?



People go through different stages when they are making changes. No matter what stage you are at, there are always things you can do to reduce the harm to yourself, your family and your community.



**The safest choice is not to drink alcohol if you are pregnant, planning a pregnancy or breastfeeding. No alcohol is the safest choice.**

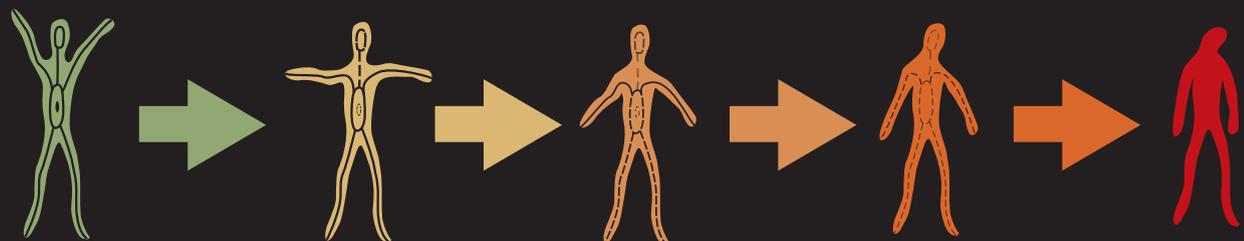
## How risky is my drinking?

### What does my AUDIT score mean?

**Low risk of harm**

**Medium risk of harm**

**High risk of harm**



0 1 2 3 4 5 6 7 8 9 10 11 12 13 15 17 19 20 23 25 27 29 31 33 35 37 39 40

**Strong Spirit**  
**Strong Mind**  
**Feeling good**  
**Healthy**  
**Even a small amount can cause some harm**

**High blood pressure**  
**Confusion**  
**Accidents and injury**  
**Sleep problems**  
**Depression**  
**Family problems**  
**Violence**  
**Aggression**

**Memory loss**  
**Liver damage**  
**Dependence**  
**Cancer**  
**Mental health risks**  
**Brain damage**

**Serious ongoing physical and mental health issues**

## Tips to lower drinking risk

Eat before you drink and avoid salty foods which make you thirsty.

Drink lots of water. Drink light beer and make every second drink non-alcoholic.

Drink slowly, pace your drinks, put your drink down between sips.

Make sure someone who is not drinking looks after the kids, the older people, and the Elders.



Keep busy doing other things like dancing, singing, yarning, or having fun.

Use a standard glass, count your drinks, and do not let other people top up your drink.

Decide your limit and say 'No' to extra drinks - it is your choice.

Drink in a safe place, have a plan to get home. Do not get in a car with a driver who has been drinking.