

GOOD/NOT SO GOOD

Weighing up the good things and the not so good things about your alcohol and/or other drug use helps you to decide whether you want to make some changes.

List the **good things** about your use for your inner spirit, you, your family and your community.

Your Inner Spirit

You

Family

Community

List the **not so good things** about your use for your inner spirit, you, your family and your community.

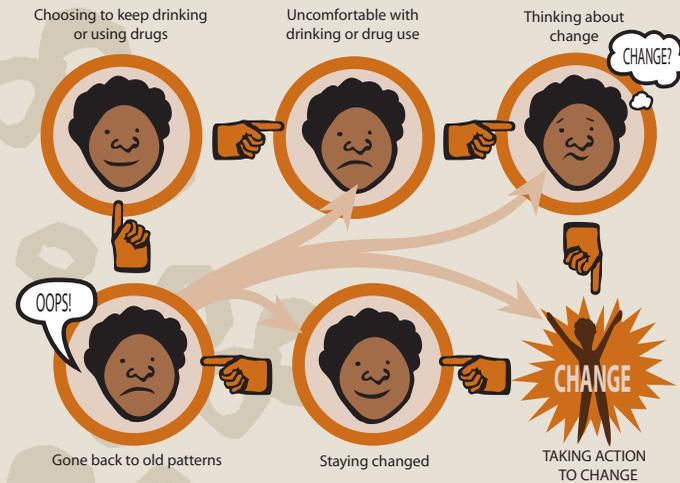
Your Inner Spirit

You

Family

Community

STAGES OF CHANGE



Making changes takes time. People go through different stages when making changes.

If you're choosing to keep using there are things that you can do to reduce the harm and to think about stopping.

If you're uncomfortable with using or are thinking about making changes, it is useful to get some information and support.

Going back to using sometimes happens. It doesn't mean you've failed. You can always get back on track. Keep in mind the reasons you wanted to make changes in the first place.

There are people who can help and support you through any stage.

Getting help and information



If you are thinking about changing your alcohol and/or other drug use, you might need some help or information. Sometimes people don't get help because they feel shame talking about their alcohol and other drug use. Aboriginal Alcohol and Other Drug Workers, Aboriginal Health Workers or other health professionals are there to help you. They will not put you down or judge you. They can help you to manage your withdrawals, reduce or stop your use and support you while you make changes. This can be a difficult time but your family, friends and other people in your community can also help you.

ABORIGINAL SUPPORT SYSTEM



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

Website: 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

Website: alcoholdrugsupport.mhc.wa.gov.au

Produced by Strong Spirit Strong Mind™ Aboriginal Programs



Government of **Western Australia**
Mental Health Commission

Artist: Barry McGuire (Mullark).
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.
© Mental Health Commission 2019



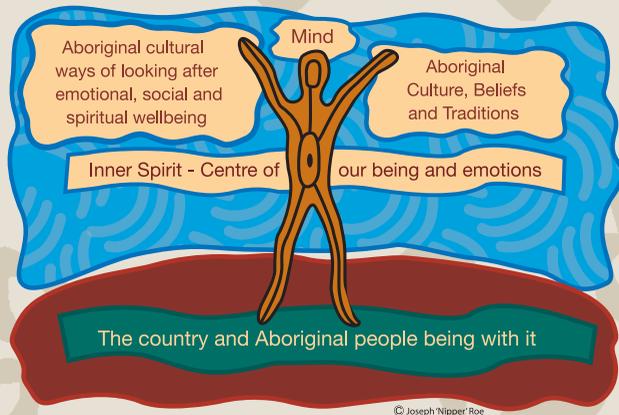
STRONG SPIRIT STRONG MIND

Aboriginal Ways of Reducing Harm
From Alcohol and Other Drugs

Making Changes



ABORIGINAL INNER SPIRIT MODEL



Our Inner Spirit is the centre of our being and emotions.

When our spirit feels strong our mind feels strong.

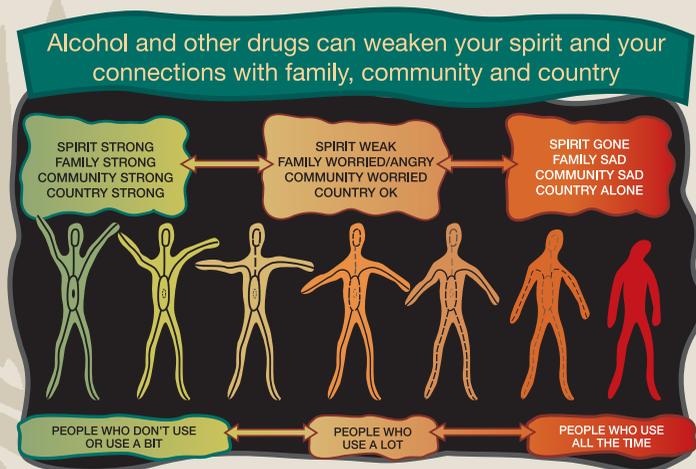
When our spirit feels tangled our mind feels tangled.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

Strong Inner Spirit keeps our family strong, our community strong and our country alive.

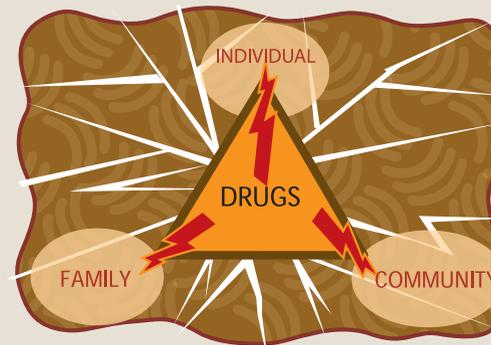
Alcohol and other drugs can weaken your spirit and your connections with family, community and country

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and country. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical well-being. This can weaken our connection to family, community and country.



Too much alcohol and other drugs affect you, your family and your community

Sometimes people use alcohol and/or other drugs to cope with problems already in their life and this can make those problems worse. And sometimes it is people's alcohol and/or other drug use that causes the problems. Sometimes people don't realise their alcohol and other drug use is causing problems for themselves, their family and their community.



Alcohol and/or other drugs can affect your life in many different ways

When your alcohol and/or other drug use has become a problem it will affect you, your family and your community in one or more of the following areas.



Health

Your body is getting sick. Your inner spirit is feeling tangled. You may be feeling confused, stressed, worried, sad, depressed, angry or fearful.



Family and Community Relationships

Putting pressure on your family. Fighting with your partner. Not respecting and neglecting your Elders and your children. Your family are worried and angry about your behaviour. Not observing your family and community responsibilities.



Money and Work

Spending too much money on alcohol and/or other drugs. Not buying food for the family, not paying the rent or bills. Humbugging your family for money. Lose your job or can't be bothered looking for work. Can't be bothered with finishing school or getting a career.



Legal

You've been busted for drugs. You've been charged with breaking and entering, assault, manslaughter, drink driving, or other crimes while you were drunk or out of it. You have been to jail or have a criminal record.



Grief and Loss

You use alcohol and/or other drugs to cope with issues of: family and friends passing away; loss of family connections due to Stolen Generations; family members being in jail; experiencing painful events within your family and community.

Aboriginal Law, Culture and Country

Not keeping your social and cultural obligations. Breaking Aboriginal Law when drunk or out of it on drugs. Not respecting, passing on or learning your culture. Not looking after and respecting your country.

