

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

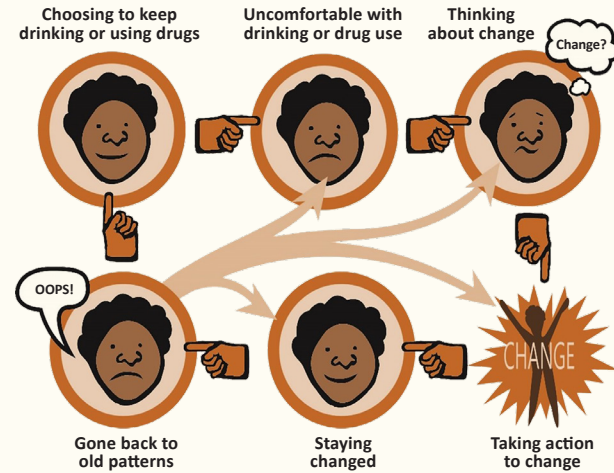
Self help group or community group



Your family



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.



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.

Ph 9442 5000 or 1800 198 024 (country callers)

Em alcoholdrugsupport@mhc.wa.gov.au

Web 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.

Ph 9442 5050 or 1800 653 203 (country callers)

Em alcoholdrugsupport@mhc.wa.gov.au

Web alcoholdrugsupport.mhc.wa.gov.au

Produced by Strong Spirit Strong Mind™

Aboriginal Programs

www.strongspiritstrongmind.com.au



Mental Health Commission



Brochure design by Nani Creative
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**

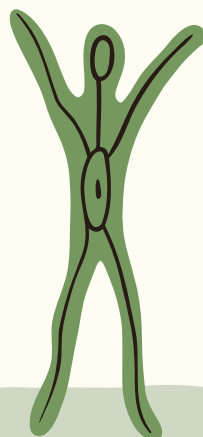
How risky is my drinking? - AUDIT Feedback Tool

Aboriginal ways of reducing harm from alcohol and other drugs



What does my audit score mean?

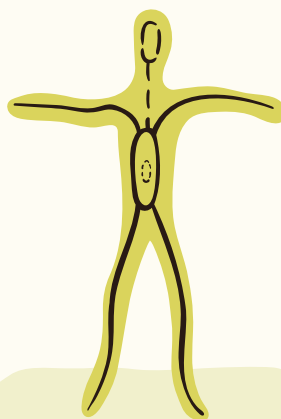
Low risk of harm



0-10

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

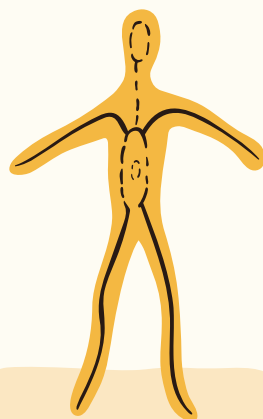
Medium risk of harm



10-20

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

High risk of harm



20-30

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



30-40

- 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.
- Keep busy doing other things like dancing, singing, yarning, or having fun.
- Drink in a safe place, have a plan to get home.
- Do not get in a car with a driver who has been drinking.
- Decide your limit and say 'No' to extra drinks - it is your choice.
- Use a standard glass, count your drinks, and do not let other people top up your drink.
- Make sure someone who is not drinking looks after the kids, the older people, and the Elders.

