

Are you concerned
about a loved one's
alcohol or drug use?



Help is always available.

Before you approach a family member or friend about their alcohol or drug use, it is important to gather more information. You will be able to provide them with the best support and reliable facts about alcohol and drug use if you are more informed.

Choose a time to talk when you are both relaxed and the person is not using drugs.

Just listen - if the person wants to talk to you about their drug use, listen without interrupting, judging or becoming upset.

While there are no simple answers, this brochure may help by providing guidance on where to go for information and support.

Find out more or get in touch

P 1300 85 85 84

E druginfo@adf.org.au

R adf.org.au

T twitter.com/AlcoholDrugFdn

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Alcohol and other drug use

A support guide for
family and friends.



ADF

Alcohol
and Drug
Foundation



Evidence-based drug and alcohol information at your fingertips.

DrugInfo

Seeking help for your own or another person's alcohol or drug use?

Call or email DrugInfo for confidential information about alcohol and other drug use.

We can also help with other queries such as:

- information about contact details for counselling, treatment and support services
- reliable information and advice on talking with family and friends about alcohol and other drugs
- comprehensive information on how a drug could affect you or someone you care about.

**Support for yourself,
a friend or family member.**

call 1300 85 85 84

email druginfo@adf.org.au

Drug Information Directory

The Drug Information Directory is Australia's leading alcohol and drug directory.

Find information and resources about alcohol and other drugs, including links to research, journals and more.

We put each website in our directory through a formal quality review process. This ensures the best search results with accurate, reliable and up-to-date information.

 adf.org.au/directory

Help and Support

Visit the Alcohol and Drug Foundation's Help and Support page for a full list of Australian alcohol and other drug support services.

 adf.org.au/help

Get the effects by txt!

Get the effects by txt! is a drug information service via SMS.

You can quickly get information about the effects of a drug in a confidential and accessible way wherever you are, at any time of the day.

Simply text the name of the drug you want to know about to the dedicated text line and receive an instant SMS reply with the effects of the drug, as well as links to further information and help.

Text a drug name to

0439 TELL ME

(0439 835 563)

