

## Useful resources.

In the past year the Alcohol and Drug Foundation (ADF) has received millions of visitors across our websites. Around 78,000 Drug Information Directory searches were carried out, 10,000 drug information SMS messages were sent via Text the Effects, and 3,000 enquiries answered through our DrugInfo phone and email service.

As a trusted source of up-to-date information on alcohol and other drugs, we are constantly expanding our library of resources. The table below outlines some of the resources that are most useful for the alcohol and other drug sector, as well as information on how you can subscribe to our e-newsletter to stay up to date.



**78,000** Drug Information Directory searches



**10,000** drug information SMS messages



**3,000** enquiries answered through our DrugInfo phone and email service.



Resource	Description
<b>ADF Website</b>	The ADF website has extensive information on alcohol and drugs and their effects, harm minimisation, the latest news and research, where to find help and support, and more. <a href="http://adf.org.au">adf.org.au</a>
<b>ADF monthly newsletter</b>	A monthly email publication highlighting the latest Insights, news, resources and research reports from the ADF, as well as topical alcohol and other drug issues and events. <a href="http://adf.org.au">adf.org.au</a> Scroll to the bottom of the website to subscribe.
<b>ADF Library</b>	The largest and most up-to-date alcohol and other drugs library in Australia. It provides free access to a wide range of specialist print and online resources, including books, full-text articles from 11,000+ journals and databases. The Library is free to join. <a href="http://adf.org.au/resources/adf-library">adf.org.au/resources/adf-library</a>
<b>ADF Shop</b>	Online store to purchase client resources about alcohol and other drugs. Includes booklets, pamphlets, posters and wallet cards. <a href="http://shop.adf.org.au">shop.adf.org.au</a>
<b>Community Hub</b>	The Community Hub provides practical resources to help individuals and organisations have everyday conversations about alcohol and other drugs as well as run prevention activities in their community. On the Hub, you can find toolkits, case studies and inspirational activity ideas. Information and resources are regularly updated. <a href="http://community.adf.org.au">community.adf.org.au</a>
<b>Drug Facts</b>	Drug Facts are pages on individual substances, ranging from the common, such as paracetamol and nicotine, to lesser-known drugs including ayahuasca and ethylone. Each page provides information on what each drug is and its effects. <a href="http://adf.org.au/drug-facts">adf.org.au/drug-facts</a>
<b>DrugInfo phone and email service</b>	Easy-to-access reliable information about alcohol and other drugs that is just a phone call or email away. DrugInfo is a free and confidential service – speak to a real person for real information about alcohol and other drugs and how you can best support yourself or someone you're concerned about. <b>Call or email DrugInfo: 1300 85 85 84 <a href="mailto:druginfo@adf.org.au">druginfo@adf.org.au</a></b>
<b>Drug Information Directory</b>	A collection of websites formally reviewed and rated out of 5 stars by the Alcohol and Drug Foundation. Search the directory to find our ratings, reviews and summaries of websites related to drugs and alcohol, mental health, and health promotion. <a href="http://adf.org.au/resources/drug-information-directory">adf.org.au/resources/drug-information-directory</a>

### Drug Wheel

The Drug Wheel uses a colour-coded system to classify drugs as part of seven general categories. This makes it easier to identify a drug type and its effects without needing to know the exact name of the particular substance. [adf.org.au/drug-facts](http://adf.org.au/drug-facts)

### Get the Effects by Text

Get the Effects by Text is a drug information service via SMS. It provides information about the effects of drugs in a confidential and accessible way, any location, any time.  
**Text the name of the drug you want to know about to: 0439 tell me (0439 835 563)**

### Help and Support Services

Find a service in your local area from this list. Simply filter by service type and state to quickly discover help near you. [adf.org.au/help-support](http://adf.org.au/help-support)

### How Drugs Affect You pamphlets

A range of pamphlets covering particular substances, including alcohol, ice, fentanyl, cannabis, GHB and more. Available for purchase in bundles of 50 from the ADF Shop. [shop.adf.org.au](http://shop.adf.org.au)

### Insights

Our Insights series of articles regularly spotlights the latest issues, news and research from Australia and around the world relating to alcohol and other drugs. Recent topics have included FASD, inhalants, alcohol advertising and young people, and alcohol and cancer. Around three new articles are thoroughly researched and published every month. [adf.org.au/insights](http://adf.org.au/insights)

### Reducing the risk

Website section covering harm reduction. Topics include staying safe at events (harm reduction for music festivals and other events), alcohol, pharmaceuticals, polydrug use, withdrawal, relapse, dealing with a bad drug reaction, mental health and methamphetamine contamination in housing. [adf.org.au/reducing-risk](http://adf.org.au/reducing-risk)

### Talking about drugs

Website section covering topics such as having a conversation with a loved one who is affected by alcohol and other drug use, advice for parents, vaping in Australia, information on the law, alcohol and other drugs in the workplace and anti-stigma guidelines. [adf.org.au/talking-about-drugs](http://adf.org.au/talking-about-drugs)

### The Power of Words

The Power of Words practical guide is designed to support healthcare and other professionals working with people who use alcohol and other drugs to reduce stigma and improve health outcomes. It contains evidence-based advice on using non-stigmatising language. [adf.org.au/resources/power-words](http://adf.org.au/resources/power-words)

## Programs.

The ADF facilitates community-led programs that work to minimise alcohol and other drug harm at the grassroots level across Australia.



### Local Drug Action Teams

The Local Drug Action Team Program supports organisations to build or extend local partnerships and develop evidence-based activities to reduce harms caused by alcohol and other drugs.

LDATs can be any mix of schools, educational institutions, health workers, police, community organisations, businesses and local government who unite to drive a community-led response. There are more than 230 LDATs supported by the ADF to develop a Community Action Plan. The program is funded by the Australian Government.

[community.adf.org.au/local-drug-action-teams](http://community.adf.org.au/local-drug-action-teams)

### Planet Youth

The Planet Youth model was developed in Iceland over 20 years ago and has been highly successful in improving wellbeing and reducing rates of alcohol and other drug harm amongst young people in Iceland. It is now being used in over 30 countries worldwide.

Planet Youth works by addressing the risk and protective factors that predict adolescent substance use, helping prevent the problem before it arises. These risk and protective factors fall into the four main categories of parenting, peer group, general wellbeing and sports and recreation.

In 2019, the ADF recruited nine LDATs from across five regions, into the program. Thanks to new funding from Wellbeing SA we have been able to extend the Planet Youth pilot to an additional two sites in South Australia.

[planetyouth.org](http://planetyouth.org)

### Good Sports

Good Sports - Australia's largest community health sports program - has been helping build strong sporting clubs across Australia for over 20 years. Over 10,000 Good Sports clubs are using the program's free, online tools and resources to build a policy around alcohol management, smoking regulations, mental health, illegal drugs and safe transport. These elements together add up to help set high standards of behaviour, and create a safe, welcoming, family friendly environment.

With the support of the ADF, clubs progress along an agreed timeline, increasing their commitment to changing the culture and practices within the club as they advance. Good Sports is free for all Australian community sporting clubs.

[goodsports.com.au](http://goodsports.com.au)



# Alcohol and Drug Foundation Resource Directory.



Celebrating more than 60 years of service to the community, the Alcohol and Drug Foundation (ADF) is Australia's leading organisation committed to inspiring positive change and delivering evidence-based approaches to reduce alcohol and drug harm.

We work to deliver high quality resources and up-to-date, reliable information to support AOD workers and other health professionals and help people make informed decisions. We are committed to leading conversations nationally and keeping important alcohol and drug-related issues on the agenda.

The ADF has a single vision: Lives unlimited by alcohol and drug harm.

[adf.org.au](http://adf.org.au)