



# It's ok to ask for help

## Student Fact Sheet

### Asking for help is not easy

Sometimes even though we know we need to confide in someone to help us deal with a problem, we avoid talking about it because we are afraid that no-one can help, worried about what might happen or change, concerned about upsetting others, or embarrassed that we have a problem in the first place. Other times we feel that we need to be resourceful and solve our problems by ourselves. When our problem is with drug use, for some reason we can feel even more worried about confiding in anyone.

If you are using a drug that is illegal, like cannabis or methamphetamine, or you are drinking but you are underage, asking for help might seem even harder. Maybe you are worried about getting into trouble with your parents, at school, with the law, or just concerned that people won't understand and will react or judge you. Maybe it is someone else's drug use you are worried about?

One of the most important things to learn about how to help ourselves when we are struggling or worried is to allow ourselves to ask for help. More times than not, the guidance and support that we need will be offered and we can talk things through and then things can start to get better.

### Who should I talk to when I need help?

At times it might feel easier to talk to a friend or a brother or sister rather than to your parents, a teacher, or other adult. The truth is though that sometimes you need the experience and greater knowledge and expertise that can only be provided by talking to a trusted adult like one of your parents, a teacher, other school staff member or a professional drug support worker.

School staff and other professionals are bound by confidentiality which means that what you talk about with them will stay between you. They will let you know if and when they need to share

information about your situation with others and this will only be to make sure you get the best help possible. The only exception to this is if they were to be extremely worried about you or someone connected to you. In this case, they may have to involve someone else without discussing it just to keep everyone safe. Don't be afraid to ask about confidentiality as school staff and health professionals will be open about this and explain everything to you upfront. All they want to do is to make sure they give you the help you need. No matter how big a problem seems, confiding in a trusted adult can really help. Don't be on your own. We are all human and can all have problems and the best way to get through our problems is to ask for help.

### Where else can I get help?

Find out who you can talk to at school. Also, there are some really good help and support lines where you can talk to someone on the phone or chat online. If you click on the Who can help? tab on the SDERA website, you will find links to lots of help lines that can give great information as well as advice and support. The people you will talk to have the experience and knowledge to point you in the right direction to get the help you need.

### What to do in an emergency

If you are worried that you or someone else may be at immediate risk due to having used methamphetamine – and/or other drugs – call Triple Zero (000). Generally, paramedics will not involve the police unless they feel threatened by someone's behaviour, consider others to be under threat, if a crime has been committed or if someone dies. Don't wait until it is too late, call for help straight away.

### For more information

For information on resources and support services in your area that can help if you think your child may have a drug use issue, call the Alcohol and Drug Support Line or your local Community Alcohol and Drug Service or talk with your doctor. Click on the Who can help? tab on the SDERA website for contact details and options.

#### Parent and Family Drug Support Line

T: (08) 9442 5050  
 T: 1800 653 203 (country callers)  
 E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Alcohol and Drug Support Line

T: (08) 9442 5000  
 T: 1800 198 024 (country callers)  
 E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

#### Meth Helpline

(24/7 free & confidential, counselling and referral)  
 T: 1800 874 878  
 E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)  
 W: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)

#### Contact SDERA

T: (08) 9402 6415  
 F: (08) 9402 6399  
 W: [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)  
 E: [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au)

### Where to go for help

If you need help for your own or someone else's drug use, information about support services is provided on the SDERA website under the Who can help? Tab and in the Connect directory which can be found in the Resources section. Support services are bound by confidentiality.

