

ASKING FOR HELP — IT'S A PROCESS

I think something's going on with my mate. He's always angry and is spending less and less time with us. I heard from other friends that he's doing drugs. I don't know what to do.
Tom, 15

My brother is using meth and he's not himself anymore. I'm worried. Mum's worried too but no-one wants to talk about it.
Prenavi, 13

I'm sick of drinking so much. I'm not having as much fun. I want to talk to someone, but I don't know where to go.
Bella, 14



You are not alone.

32% of young people aged 15-17 years

said that concerns about alcohol and drugs were one of the most important issues in Australia today. (Mission Australia, Youth Survey 2017)

So, what can you do if you or someone you care about has a problem with alcohol or other drugs including meth?

STEP 1

Recognise you have a problem and need some help. Be honest and work out what the problem actually is. This can be the hardest step.

STEP 2

Think about who can help. Consider everyone you know and decide if they know enough to be able to help you.

STEP 3

Approach them. Choose a time that is best for you and them.

STEP 4

Start by saying how you feel.

*"I feel out of control."
"I'm worried about..."*

STEP 5

Name the problem.

Naming the problem makes it real and helps you to talk through the problem. It also helps your supporter know exactly what is going on.

"I feel out of control. I'm drinking so much. I'm not having fun anymore and I'm doing and saying stupid things."

"I'm worried about my brother. He's doing meth and he's not the same. I'm worried about Mum too. I don't know what to do."

STEP 6

Ask for help.

Be clear on what sort of support you would like.

"I feel out of control. I'm drinking so much. I'm not having any fun anymore and I'm doing and saying stupid things. Can you help me to come up with ways to cut down? I don't think I can do it by myself."

"I'm worried about my brother. He's doing meth and he's not the same. I'm worried about Mum too. I don't know what to do. Can you help me work out what I can do to help my brother and support Mum?"



It takes courage to ask for help or help others, but you can do it. There are lots of people who can help you. You don't need to be alone with a problem. **Ask for help.**

MENTAL HEALTH COMMISSION
24hr Alcohol and Drug Support Line
Metro 9442 5000
Country 1800 198 024
Emergency 000

Lifeline
13 11 14

Kids Help Line
1800 55 1800

Beyond Blue
1300 22 4636

Drug Aware
Live chat
DRUGAWARE.com.au

eheadspace
1800 650890
Online chat
EHEADSPACE.org.au

