

Do you have a substance use problem?

Addressing a substance use problem

Having a few drinks or experimenting with drugs is an Australian rite of passage. However, if your alcohol or drug use starts interfering with your life or relationships, it's time to act. Addiction is a disease that affects a person's brain and behaviour and leads to an inability to control the use of a substance such as alcohol, marijuana either traditional or synthetic, nicotine or even caffeine. When you're addicted, you may continue using the drug despite the harm it causes.

If you were addicted to a substance you might notice:

- Feeling that you have to use the substance regularly — daily or even several times a day
- Having intense urges for the substance that block out other thoughts
- Over time, needing more of the substance to get the same effect
- Taking larger amounts of the substance over a longer period of time than you intended
- Making certain that you maintain a supply of the substance
- Spending money on the substance, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities
- Continuing to use the substance, even though you know it's causing problems in your life or causing you harm
- Doing things to get the substance that you normally wouldn't do
- Driving or doing other risky activities when you're under the influence
- Spending a good deal of time getting the substance, using the substance or recovering from the effects of the substance
- Failing in your attempts to stop using the substance
- Experiencing withdrawal symptoms when you attempt to stop taking the substance

Where can I get help?

There are a number of avenues to access treatment to address depression. These include:

- Your GP
- Specialist drug and alcohol services through your local health service
- Your employer EAP / Counselling Service
- Your peer support network

What helps?

Alcohol and drug addictions are treatable and evidence has indicated that effective treatments include:



Psychological treatment including counselling and support for behaviour and thinking changes.



Medical treatment including medication and support for detox.



Lifestyle changes including increasing physical activity and training in alternative coping and relapse prevention strategies.

How can I support someone else?

If you have noticed changes in a friend, colleague or family member that might be related to substance use it is important to:

- Raise your concerns with them
- Listen without judgement
- Support them to get further assistance
- Stay connected with them
- If you are concerned they will hurt themselves, get immediate assistance by calling 000 or Lifeline 13 11 14
- Get some support for yourself, this is a tough job

Remember substance use problems are common (affecting up to 1 in 20 Australians per year), but treatable. Seek support now!



MHM Support Network Toolbox

IN AN EMERGENCY CALL 000



MensLine Australia

Telephone & online support, information & referral service to help men with relationship & other problems.

P: 1300 789 978

W: www.mensline.org.au



Mindspot

An online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression.

P: 1800 650 890

W: <https://mindspot.org.au>



Cyber Clinic

Tele Health App where you can see a qualified mental health practitioner anywhere anytime in the comfort of your own home over the Apps video platform. Costs apply but upon approval of your company partnering with MHM can provide you with a link where it can be free of charge. Also if you live in a rural or remote area you can use it on your Medicare Mental Health Care Plan.

W: www.cyberclinic.com.au

Download the APP on itunes or Android



Kids Help Line

Provides free and confidential phone and online counselling services specifically for young people aged 5-24 years old.

P: 1800 551 800

W: www.kidshelpline.com.au



Employee Assistance Programs

A counselling service provided by employers to their staff to support their staff's emotional & psychological wellbeing both in the workplace & in their personal lives. An EAP can help workplaces adopt a more proactive, preventative approach to workplace mental health & assist in creating a culture of care. Please contact your employer for details.



GP

Talk to your GP about any mental health concerns & ask for a Mental Health Care Plan & referral. Medicare rebates are available for a range of mental health treatments (via a Mental Health Care Plan), including up to 10 individual sessions with a mental health professional.



LIFELINE

Crisis Support & Suicide Prevention: Counselling services for anyone, anytime.

P: 13 11 14

W: www.lifeline.org.au



Beyond Blue

Provides information and support for people living with depression & other mental illnesses.

P: 1300 224 636

W: www.beyondblue.org.au



The Black Dog Institute

Dedicated to understanding, preventing and treating mental illness.

P: (02) 9382 2991

W: www.blackdoginstitute.org.au



Relationships Australia

A provider of relationship support services for individuals, families and communities.

P: 1800 364 277



SANE Helpline

Information, advice & referral for mental illness.

P: 1800 187 263

W: www.sane.org/helpline



Suicide Call back Service

Provides free, phone, video & online counselling for anyone affected by suicide.

P: 1300 659 467

W: www.suicidecallbackservice.org.au



ARAFMI

Provide support for family, friends & carers of people with mental illness.

P: 1800 351 881

W: www.arafmiqlld.org



headspace

Provides support to individuals aged 12-25. You can also visit a Headspace Centre (find a location near you via their website).

P: 1800 650 890

W: www.headspace.org.au



eHeadspace

eHeadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. If you're based in Australia and going through a tough time, eheadspace can help.

W: <https://headspace.org.au>