

Getting Help for Drug Use

At some point in our lives, we all run into things that we can't handle on our own. Drug use (including alcohol) is an issue that many young people will face at some stage. So what should you do if you think you need help with drug use?

The first thing to do is think about what your concerns are about the drug use. Do you want information or counselling? Do you need help to stop using a drug? There is a wide variety of help available – what you get depends on what is happening and how quickly you need help.

Getting Medical Assistance

If you require medical assistance to deal with a drug addiction there are several options. First step could be your local GP, who may be able to help you directly or find someone who can. If you need urgent medical assistance contact the emergency department of your local hospital.

If you seek medical assistance with your drug use, detox may be one option available to you. "Detox" refers to the physical withdrawal of drugs from the body. There are many detox services available.

Talking to someone about drug use

It can be very helpful to talk to someone about drug issues. This could be with a youth worker, drug and alcohol worker or doctor. There are a range of different counselling services available and they may also be able to assist you with legal and financial issues.

Finding the right service

It can be difficult to know which service to go to first. Direct line can be a good place to start. They can tell you what is available and find services in your local area. You can ring

anonymously and gain the information you need. The following questions may be useful in helping you decide which service may be best for you. If it helps, write them down.

- What help does the service offer?
- Is there a waiting list?
- Does the service cost anything?
- Is there a drop in service, or is an appointment needed?
- How long does an appointment take?
- Is there a choice of worker?
- Can I have an interpreter?
- Where is it? Can I get there by public transport?

What to expect when you visit a service

When you first visit a service the first person you meet will probably be an intake or duty worker. This worker will ask you a range of questions to find out more about your situation. Feel free to ask your own questions to find out more about what will happen at the

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service. It's usually OK to take someone else along to the appointment for support.

Most services understand that young people have a right to confidentiality and should keep the details of your visit private. If you are worried about this, you might want to ask whether anyone will be informed about the visit and also ask the duty worker to explain your rights to you.

Finding the right service can be time consuming, and you may have to visit a couple of services before you find the one that's right for you. If it doesn't work out with the first service you visit, try not to get discouraged. It doesn't mean that you have failed in any way. There are many different services out there to help - in the long run it's worth keeping at it until you get the help you need.

List of Useful Services

Direct line

9416 1818 or 1800 888 236

24 hour phone line that provides drug and alcohol counseling, information and advice about services all across Victoria.

Kids Help Line

1800 55 1800

Trained counsellors available 24 hours.

Lifeline

13 11 14

General counselling, suicide.

Reachout

www.reachout.com.au

A huge site with information about drugs, health, mental health, dealing with family, helping friends and much more. Includes a service finder to find services close to you.

Somazone

www.somazone.com.au

Advice and information about drugs, alcohol, health and other issues. Includes young peoples stories and a Q & A section where you can ask questions about drug use.

Where's your head at?

www.drugs.health.gov.au/youth

This is the National Drugs Campaign website with lots of information about drugs and a helpful list of other telephone numbers and links to websites.

