

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



If your crystal methamphetamine ('ice') use is starting to impact things that matter to you, like your mental health and wellbeing, physical health, friendships, or family relationships, know that you are not alone and that there is help out there. The same goes for others you know who might be having problems with crystal methamphetamine use.

SO, WHAT CAN YOU DO IF YOU OR SOMEONE YOU CARE ABOUT HAS A PROBLEM WITH CRYSTAL METHAMPHETAMINE?

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. It's also okay if you can't think of someone. There are free hotlines listed at the bottom of this factsheet that you can call 24/7 to get confidential support.

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 using too much meth. I'm not having fun anymore. I'm feeling really depressed."

"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 using too much meth. I'm not having fun anymore. I'm feeling really depressed. 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.

National Alcohol and Other Drug Hotline

24hr free and confidential advice about alcohol and other drugs

☎ 1800 250 015

Lifeline

☎ 13 11 14

Kids Help Line

☎ 1800 55 1800

Beyond Blue

☎ 1300 22 4636

Emergency

☎ 000

eheadspace

Free online and telephone support and counselling [headspace.org.au/eheadspace](https://www.headspace.org.au/eheadspace)

The information included in this fact sheet has been adapted from *Asking for help - it's a process* from Talking Drugs Body Mind Future by School Drug Education Road Aware SDERA (www.sdera.wa.edu.au).