

Stories from people with lived experience



This page features resources that provide personal stories from people who have used alcohol alcohol and other drugs, including [crystal methamphetamine \('ice'\)](#).

Hearing firsthand stories from people who have experienced the effects of drugs, especially those who have gone through the recovery process, can be helpful to clients who are experiencing problems with their own use, as well as their family and friends.

These stories may also be helpful for you to hear so that you can become more familiar with the kinds of experiences your clients might be having with drugs like crystal **methamphetamine**.

LIVES OF SUBSTANCE



Summary: *Lives of Substance* is a website that provides personal stories of alcohol and other drug (AOD) addiction, or habit. The website aims to support those who use drugs while also giving others such friends and family, health professionals and policy makers a greater insight into their experiences.

The *Messages for Health Professionals & Policymakers* section of the website focuses on people's experiences of AOD and allied health services and their suggestions for how these services could be improved.

The stories featured on the site are drawn from in-depth qualitative interviews with 60 residents of Victoria and New South Wales, Australia. Stories are presented in the form of written extracts, original voice recordings and video re-enactments.

Developers: *Lives of Substance* is based on qualitative research conducted by researchers from Curtin University's [National Drug Research Institute \(NDRI\)](#), in collaboration with [Healthtalk Australia](#), [Monash University](#) and the [University of New South Wales Centre for Social Research in Health \(CSRH\)](#).

Costs: Free

Year: 2016

Evidence base: This resource has been evaluated in one peer-reviewed publication (see below).

- Treloar, C., Pienaar, K., Dilkes-Frayne, E. and Fraser, S. (2017). Lives of Substance: A mixed-method evaluation of a public information website on addiction experiences. *Drugs: Education, Prevention & Policy*. pp. 1-8. [DOI:10.1080/09687637.2017.1397602](https://doi.org/10.1080/09687637.2017.1397602) [BJ1370]

[Access Lives of Substance](#)

[Access messages for health professionals](#)

RETHINK ADDICTION



Summary: This resource shares real stories of **dependence** (addiction) by people with lived experience of substance use, family members, and people who have been involved in providing clinical care or peer support. These stories highlight the impact of substance dependence in peoples' lives, as well as the importance of seeking help.

Check out stories about **methamphetamine** from:

- [Liz](#)
- [Jacquelyn](#)
- [Tegan](#)
- [Conrad](#)

Developers: [Rethink Addiction](#), a coalition of organisations advocating for a change to Australia's attitude and response to addiction

Year: 2021

Costs: Free

Evidence base: This resource has undergone expert review.

[Access the resource](#)