

Tips on cutting back or quitting drinking, smoking or using drugs

- If you drink alcohol on a daily basis, or use drugs regularly, seek medical advice before cutting back or stopping on your own.

When changing your substance use, cravings are common and uncomfortable but will pass. If you experience cravings, here are some things you can try:

- **Delay** – making the decision to drink alcohol or take drugs.
- **Distract** – yourself by doing something else, like talking to a friend, going for a walk or listening to music.
- **Deep breathing** – or other relaxation techniques to help you stay calm.
- Make a plan, including reasons for cutting back and people who can support you.
- Get connected with professional support – see “How to get help”.

To lower my risk, I will

My Plan:

And if I get wobbly with my goals, I will...
e.g call a support person

How to get Help

24-hour confidential telephone counselling, information and referral service:



Alcohol & Drug Support Line

For anyone concerned about their own or another person's alcohol or other drug use
Phone: **9442 5000**
Toll Free: **1800 198 024**



Parent & Family Drug Support Line

For anyone concerned about a loved one's alcohol or other drug use
Phone: **9442 5050**
Toll Free: **1800 653 203**

Contact your local Doctor/GP or Aboriginal Community Controlled Health Service or Community Alcohol and Drug Service (CADS)

The safest choice is not to drink or take drugs if you are pregnant, planning a pregnancy, or breastfeeding.

For more information on breastfeeding and alcohol see www.breastfeeding.asn.org or download the free Feed Safe App via the App Store or Google play: <http://www.feedsafe.net/>



Local Contact



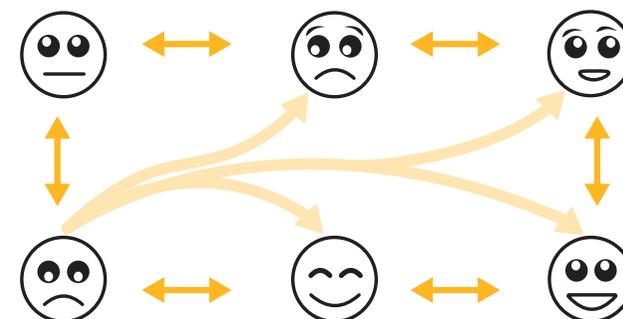
The Green Book is an online directory of alcohol and other drug services in WA.

www.greenbook.org.au



Government of **Western Australia**
Department of **Health**

Drug and Alcohol use What stage of change are you at?



Some useful tips on alcohol and other drugs, no matter what stage you are at.

People who use alcohol or drugs go through different stages when they are making changes.

No matter what stage you are at, there are always things you can do to reduce harm to yourself, your family and your community.

How to Stay Safe

Tips to stay safe if you choose to keep drinking or using drugs:

- Set limits on how much alcohol you will drink or how much of a drug you will take.
- Drink alcohol or take drugs around people you trust and in a safe place.
- Make transport plans so you don't drive after drinking alcohol or using drugs.
- Don't mix different drugs, or drugs with alcohol.
- If injecting, use clean equipment.
- Carry naloxone if using opiates.

ACE (Access, Care and Empowerment) is a mobile app for people who inject drugs to help reduce harm to themselves and others.

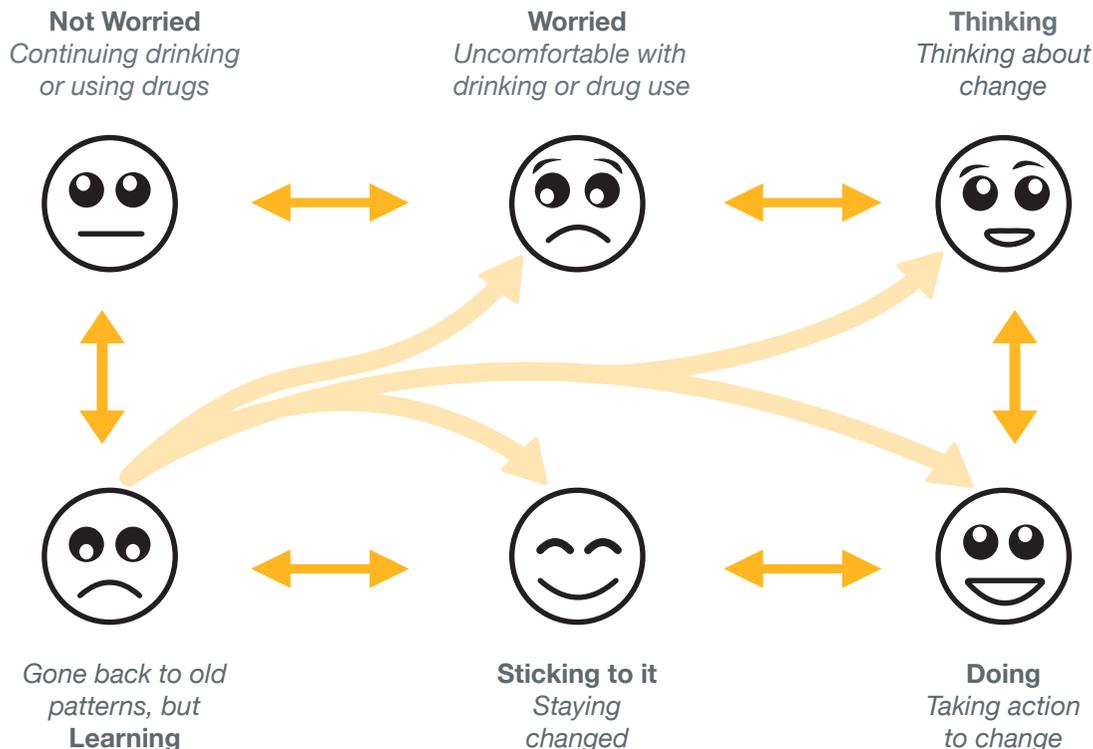
It provides:

- Access: find WA needle and syringe programs and other health services
- Care: search information on how to take care of your health.
- Empowerment: be informed about reducing harms to yourself and others.

Download the free ACE app via the App Store or Google play:
www.healthywa.wa.gov.au/ace



What Stage of Change are you at?



Drinking Alcohol or Using Drugs...

What are things you like about using?

What are the less positive things about using?

On a scale from 1-10...

How worried are you about your use now?

1 2 3 4 5 6 7 8 9 10

Not Worried

Very Worried

How important is it for you to make changes to your use now?

1 2 3 4 5 6 7 8 9 10

Not Worried

Very Worried

What would it take for your score to go up or down?