

For information on testing to see if you have a blood borne virus or to get a vaccination for hepatitis B contact:

- WASUA
- WAAC
- Hepatitis Council of WA
- Your local Drug and Alcohol Service or AMS



If you are using look after each other

- Stay together – do not let someone go off alone.
- If someone experiences any bad effects or passes out make sure you call an ambulance straight away. By doing this you could save their life.



- If someone has passed out put them on their left side and make sure they can breathe.
- dial 000 for an ambulance (police won't come unless there is violence, serious injury or death).
- stay with your friend till the ambulance arrives.



Getting some help and information



If you are thinking about changing your use, perhaps you could do with some help or information. Sometimes people don't get help because they feel shame talking about their drug use. Aboriginal Alcohol and Drug Workers, Aboriginal Health Workers, or other health professionals will help you. They will not put you down. They can help you to reduce your use, or stop using, show you how to reduce risk, help you manage your withdrawal and support you while you make changes. It may not be easy to reduce your use but your friends and family and other people in your community can also help.

ABORIGINAL SUPPORT SYSTEM



For more information and help

Local Contact



The Alcohol and Drug Information Service (ADIS)

ADIS can provide information about culturally secure alcohol and drug services in your area. They can also provide other information, counselling and advice for people concerned about their own or another's drug use. This is a 24-hour, statewide, confidential telephone service.

ADIS: 9442 5000 Toll free: 1800 198 024

E-mail: adis@health.wa.gov.au

Website: www.dao.health.wa.gov.au

The Parent Drug Information Service (PDIS)

Confidential telephone support, counselling, information and referral service for parents.

Telephone: 9442 5050

Toll free: 1800 653 203

Produced by the Aboriginal Alcohol and Other Drug Programs

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The Aboriginal Inner Spirit Model (Ngarlu Assessment Model) was developed by Joseph 'Nipper' Roe, who belonged to the Karajarri and Yawru people.

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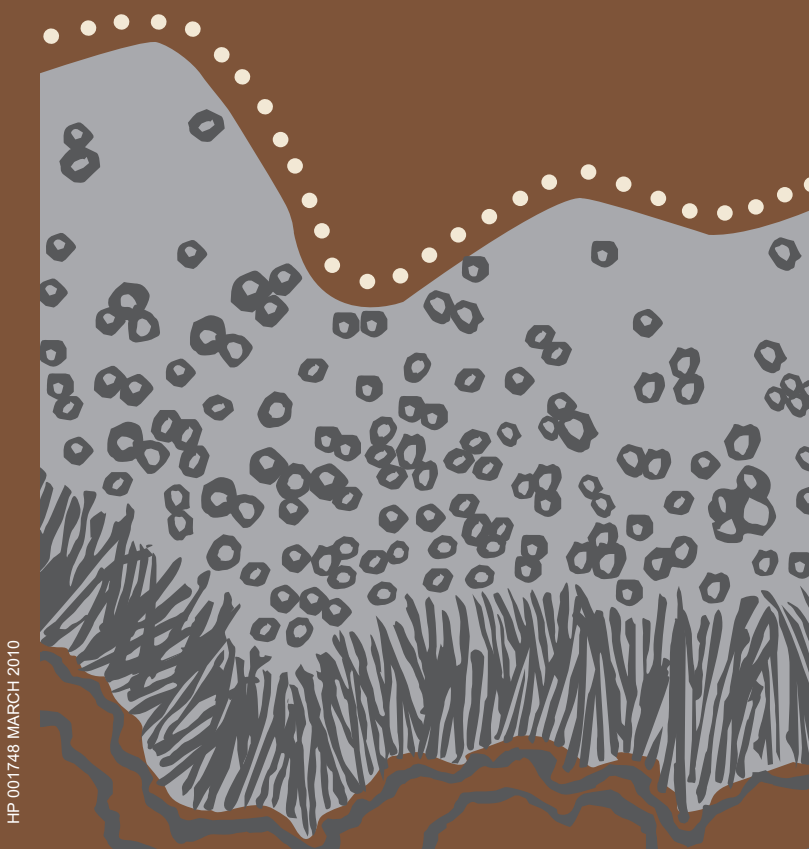
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Strong Spirit Strong Mind

Aboriginal Ways of Reducing Harm
From Alcohol and Other Drugs

**Injecting Drug Use
Never Share**



ABORIGINAL INNER SPIRIT MODEL



Our Inner Spirit is the centre of our being and emotions.

When our spirit feels strong our mind feels strong.

When our spirit feels tangled our mind feels tangled.

Strong Inner Spirit is what keeps people healthy and keeps them connected together.

Strong Inner Spirit keeps our family strong, our community strong and our country alive.

Alcohol and other drugs can tangle your spirit and weaken your spirit and your connections with family, community and country

Our way of being healthy is to look after ourselves by making good choices, and to care for our family, community and culture. Alcohol and other drugs can tangle and weaken our spirit and mind. This can affect our emotional, social, spiritual and physical well being. This can weaken our connection to family, community, culture and country.



Never share

Sharing is an important part of our way of life but never share any injecting equipment because you can spread diseases.

Injecting drugs can be dangerous. If you do inject it is important to understand the harms that can come from injecting drugs. Make sure you protect yourself, your family and community from these harms at all times.



Hepatitis C, HIV and hepatitis B are blood borne viruses which can make you very sick. These viruses live in some people's blood. Sometimes people who have these viruses do not look sick. Sometimes they do not know they have the virus because symptoms can take a long time before they show. If their blood comes into contact with your blood you can get the virus. Injecting drugs is one of the ways that this can happen.

Be Blood Aware Protect yourself, your family and your community from these viruses.

- Always wash your hands immediately before and after injecting. If someone else helps you inject, make sure they wash their hands immediately before and after.
- **Do not share any injecting equipment.**
- Use your own new sterile fit, new sterile water (or cooled boiled water), new sterile swabs, a clean filter, clean spoon and clean tourniquet every time.
- If you inject with someone else's used fit, you risk becoming infected with a blood borne virus. Even if you already have a blood borne virus you could still pick up other strains of that virus or other viruses.
- Re-using your own fit is safer than using someone else's fit.
- **Injecting drugs is very risky.**



Needles and syringes are available from:

- Most chemists
- Needle and syringe exchange programs operated by WA Substance Users' Association (WASUA) and the WA AIDS Council (WAAC)
- Most regional hospitals, and some health centres and nursing posts

Needles and syringes that have been used are a risk to other people. Keep your family and community safe. Always dispose of them in safe ways.

This includes:

- Never try to re-cap someone else's needle.
- Put them in a Sharps Disposal container.
- Otherwise place the needle and syringe into a rigid plastic container with a lid (e.g. plastic milk, juice or soft drink bottles – avoid glass which can shatter or aluminium that can be squashed). Make sure the lid is on tight. Put the sealed container in a domestic rubbish bin.

