

alcohol & other drugs

Learning about the effects of alcohol and other drugs (AOD) on physical and mental health can help us understand and make informed decisions about drug use. If your drug use is beginning to impact things that matter to you, it might be time to reach out for support. Think about talking to a trusted family member, friend, doctor or counsellor.

need answers?
click on the shapes below

learning about AOD

What are drugs and
what do they do?

Why should I limit my
alcohol consumption?

What are **drugs** and
what do they do?

How can I be **safe**
around drugs?

Should I **limit my**
drug and alcohol
consumption?

Can smoking
really **impact my**
mental health?

managing drug use

How can I
manage my
drug use?

How can I
reduce my
AOD intake?

smoking

Will tobacco
impact my
mental health?

What are the
risks of using
cannabis?

how can headspace help?

headspace centres
typically offer specific AOD
support. Click here to find
out more!

substance support

ecstasy

amphetamines

cocaine

If you are experiencing mental health difficulties, it's important that you reach out to a trusted friend, family member, teacher or Elder to share what you are going through. Or you can get in touch with your local headspace centre or use our online or phone-based service at eheadspace.

For immediate help:
triple zero (000) if it is an emergency

Free National 24/7 crisis services:
Lifeline: 13 11 14 or lifeline.org.au
Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au
beyondblue: 1300 224 636 or beyondblue.org.au

Additional youth support services include:
headspace: visit headspace.org.au to find your
nearest centre
eheadspace: 1800 650 890
Kids Helpline: 1800 55 1800 kidshelpline.com.au
ReachOut: reachout.com
SANE Australia: 1800 187 263 sane.org