

**Drug or alcohol
use can affect:**

**HEALTH
RELATIONSHIPS
WORK OR MONEY
THE LAW**

HEALTH

If substance use is affecting your **Health** - get help

SIGNS:

- Stomach pain, headaches, dental problems
- Sleep problems, memory problems
- Feeling sad or worried
- Feeling alone and isolated



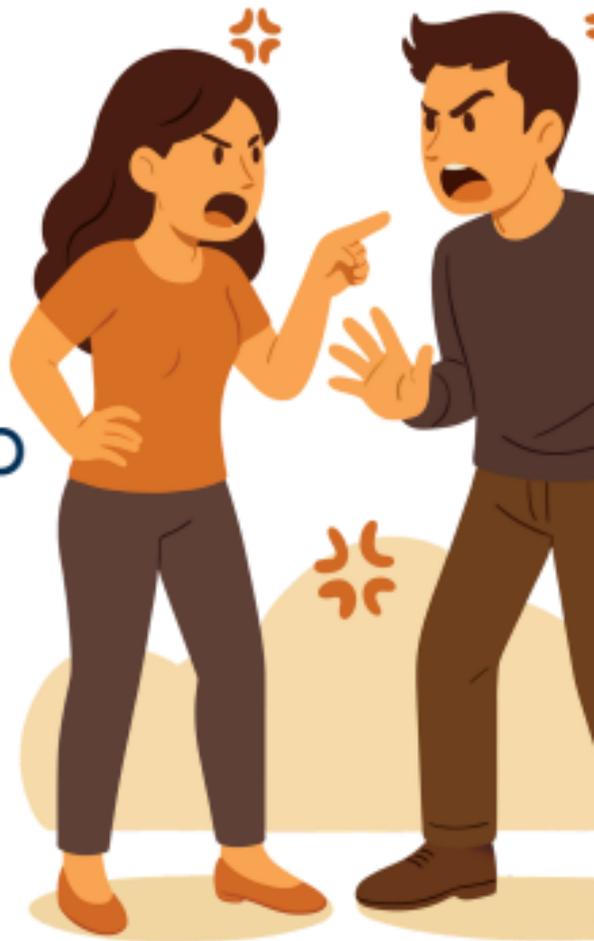
RELATIONSHIPS

If substance use is affecting your

Relationships - get help

SIGNS:

- Family arguments
- Children scared or upset
- Feeling alone
- Violence (never OK)

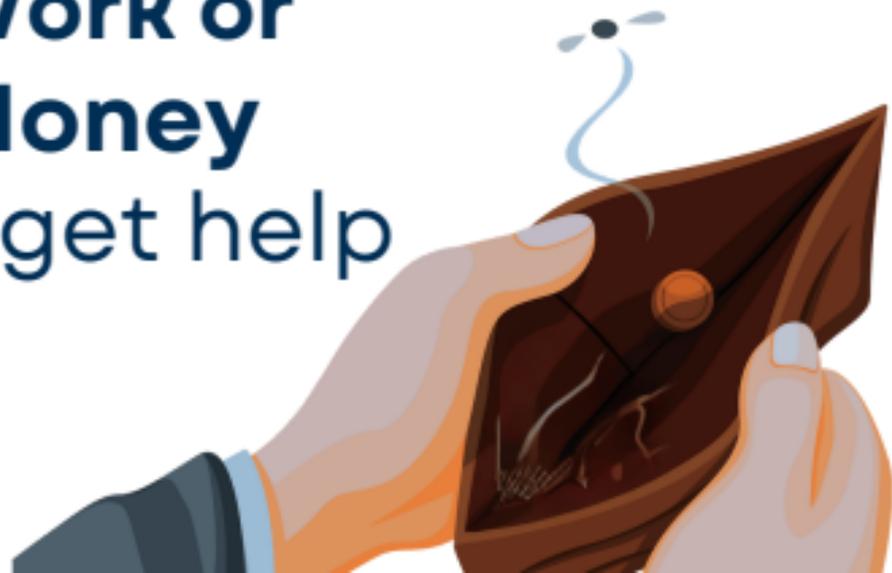


WORK & MONEY

If substance use is affecting your

Work or Money

- get help



SIGNS:

- **Missing work**
- **Losing a job**
- **Missing school**
- **Can't pay bills, food or rent**

ALCOHOL AND DRUG COMMUNITY SUPPORT CARD

People from all Cultural
Backgrounds can be affected
by Drug and Alcohol use.

Help is Available



migrant
resource
centre
TASMANIA

THE LAW

If substance use is affecting you **Legally** - get help

SIGNS:

- Police contact
- Drug and drink-driving charges
- Arrested



AVAILABLE SUPPORTS (24 hrs)

National Alcohol and Other Drugs Hotline	1800 250 015
Lifeline	13 11 14
For emergency call	000

If you need language support, call TIS 131 450

**Support for you,
your family, and your
community**

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**Strong self
Strong family
Strong community**



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