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Drugs and Smoking Resources

For Working with Aboriginal and Torres Strait Islander Peoples

Ice and Other Drugs

Drug and other substance use is a contributing factor to physical and mental illness and disease, accident and injury, violence and crime, family and social disruption, education, and workplace problems. Opioids, amphetamines, and cannabis account for 80% of the disease impact for Aboriginal and Torres Strait Islander peoples (Australian Institute of Health and Welfare).

WellMob has many resources that provide culturally relevant information and encouragement to address drug use and smoking.

For further information: understanding the enduring effects of colonisation on Aboriginal and Torres Strait Islander peoples is important when working with people on reducing drug and smoking dependency (**see resource sheet on Understanding the Impact of Colonisation**).



Websites

CRACKS IN THE ICE

A website with information and resources to support and empower communities who are working to address ice use and related harms. It includes information for people who use ice, their families and friends, health workers and community groups.



Websites

POSITIVE CHOICES: ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES

A website with information about drugs to help educate young people. It includes booklets, videos, and games to prevent harm caused by drugs, alcohol, and tobacco. Some resources are in English, Arrernte, Torres Strait Islander Creole, and Warlpiri.



Videos

ICE: RECOVERING INDIGENOUS ADDICTS SHARE THEIR STORIES

A film showing men sharing stories of recovering from drugs and alcohol in NSW. They talk about the problems caused by taking drugs such as ice. It shows the Glen Drug and Alcohol Rehabilitation Centre in Central NSW.



Websites

STRONG SPIRIT STRONG MIND

This website has information and resources on mental health, alcohol, drugs and getting help (in WA). It also has resources on social and emotional wellbeing, how to make changes, and growing strong babies.



We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636

Tobacco & Vaping

In 2020 Aboriginal and Torres Strait Islander peoples were almost three times more likely to smoke compared to non-Indigenous Australians (Australian Dept of Health and Aged care). Smoking is responsible for one in five deaths and directly responsible for one third of cancer and cardiovascular disease amongst First Nations Australians. Smoking rates remain high but are dropping.

These resources provide culturally relevant information and encouragement about quitting smoking cigarettes and vapes.



Documents

KEY FACTS ABOUT VAPES

This fact sheet provides information about vaping, the law and vaping, and the risks to those who vape and passive bystanders.

NATIONAL BEST PRACTICE UNIT
TACKLING INDIGENOUS SMOKING



Documents

KEEP OUR PLACE A SMOKE-FREE SPACE

This journal provides tips on quitting smoking as well as information about the health effects of smoking. The wallchart offers information and encouragement about quitting.



Documents

CALENDAR FOR TACKLING INDIGENOUS SMOKING

This 2023 colourful calendar provides information about the health effects of vaping and smoking and tips to help with quitting.



Documents

SMOKING

This set of 4 animated videos provides information on: the health effects of smoking; the health effects of passive smoking; support when trying to quit; and triggers for smoking and how to get through hard times.



Documents

SIMON SAYS: LET'S LEARN TO KEEP OURSELVES HEALTHY AND PROTECTED FROM NASTY CIGARETTE SMOKE

This cartoon booklet explains the harmful effects of smoking and second-hand smoke on children.



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