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 Updated with new resources Nov 2024

Alcohol Resource Sheet

Although Aboriginal and Torres Strait Islander peoples drink alcohol less often than other Australians, those who do are more likely to drink at harmful levels and be hospitalised for alcohol-related conditions (Department of Health and Aged Care, 2022).

The WellMob website offers culturally relevant resources to support reducing alcohol use, including during pregnancy and breastfeeding.

WellMob strongly encourages all health professionals to watch [Nicole Hewlett's webinar on Aboriginal wisdom in the FASD space](#), even if you do not work with FASD, and review the WellMob resource sheet on [Understanding the impacts of colonisation](#). This will enhance the knowledge and skills required to work effectively with Aboriginal and Torres Strait Islander peoples.

Understanding Alcohol and its Effects



Websites

STRONG SPIRIT STRONG MIND - ALCOHOL

A website providing information about alcohol. It also has information about alcohol and pregnancy, and alcohol and parenting.



Videos

VOICES OF CHANGE: JOSHUA, EYMARD AND AUNTY HELEN'S STORIES

Three short videos from Aunty Helen, Eymard and Joshua who explain how alcohol impacted them and their communities.



Websites

POSITIVE CHOICES

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.



Documents

ALCOHOL AWARENESS KIT

A kit of pictures that assist health workers to talk about alcohol with their clients.



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



Videos

THE GROG BRAIN STORY

This animated video shows how drinking grog affects the brain. It is available in English, Warlpiri, and Kriol.



Documents

ADF ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES: DRUG FACTS

6 fact sheets about alcohol and other drugs giving information on the effects, mixing drugs & alcohol, having too much and staying safe.



Pregnancy and Alcohol



Videos

TRUE OR GAMMON: FASD VIDEOS

Three short videos for community yarning about the dangers of drinking alcohol while pregnant and breastfeeding.



Documents

STRONG BORN

This campaign material has booklets and posters to inform community about foetal alcohol spectrum disorder (FASD). It explains the harms of grog whilst pregnant or breastfeeding.



Videos

STRONG BOORAI, BRIGHT FUTURES - KEEPING HEALTHY DURING PREGNANCY

A collection of videos on keeping healthy during pregnancy. They provide advice for reducing and stopping the use of alcohol and other drugs during pregnancy and breastfeeding.



Documents

YARNING ABOUT ALCOHOL AND PREGNANCY

This booklet is a discussion starter and resource for pregnant women to support them to stop using alcohol whilst pregnant and breastfeeding. It accompanies the booklet for health workers.



Documents

HEALTH WORKERS GUIDE TO YARNING ABOUT ALCOHOL AND PREGNANCY

This booklet provides information for health workers about how to assess risk regarding alcohol intake during pregnancy and how to talk to the woman about the risk.

There is an accompanying booklet for women.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

