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Updated with new resources Nov 2024 Drugs Resources

Drugs are a contributing factor to physical and mental health concerns, disease, accident and injury, violence and crime, family and social disruption, education and workplace concerns. Opioids, amphetamines, and cannabis account for 80% of the disease impact for Aboriginal and Torres Strait Islander peoples (Australian Institute of Health and Welfare). Understanding the impact of colonisation on Aboriginal and Torres Strait islander peoples is important when working with people to reduce drug and smoking dependency (see resource sheets below on Understanding the Impact of Colonisation and Understanding and Healing from Trauma).

Education and Prevention

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. Some resources are in English, Arrernte, Torres Strait Islander Creole, and Warlpiri. Includes Positive Choices logo and website URL.

CRACKS IN THE ICE. A website with information and resources for people who use ice, their families and friends, health workers and community groups. Includes Cracks in the Ice logo.

WADA WANTI: LEAVE THE ICE ALONE. An interactive website for ice users and health workers that has seven modules to help people stop using ice (methamphetamine). Each module includes videos and information to support people at different stages of recovery. Includes Wada Wanti logo.

ADF ABORIGINAL AND TORRES STRAIT ISLANDER RESOURCES: DRUG FACTS. Six fact sheets about drugs explaining what the drug is, its effects, what happens if you have too much or when you stop, how to stay safe and where to get help. Includes Aboriginal art logo.

YARNDI AND SPEED FACTSHEET. Two fact sheets about YarnDI and Speed what it does to you and how to cut down/quit. Includes YarnDI logo.

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

## Drugs and Mental Wellbeing



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.



## Workforce Support



Websites

### FIRST NATIONS AOD TOOLKIT

This website for workers provides online learning modules, guidelines, toolkits, and educational resources for culturally safe alcohol and drug service delivery.



Websites

### DRUGS RESOURCES

The 'Drugs' subtopic tab on WellMob has a range of online wellbeing resources on drug abuse and addiction.



Documents

### UNDERSTANDING THE IMPACTS OF COLONISATION RESOURCES

This tab has more resources on understanding the impacts of colonisation.



Documents

### UNDERSTANDING AND HEALING FROM TRAUMA RESOURCES

This tab has more resources on understanding the impact of trauma.



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for other resources  
[www.wellmob.org.au](http://www.wellmob.org.au)

