

# Helping yourself

Need help with an alcohol or other drug issue? Asking for help when things get tough is brave



- ▶ Alcohol and other drug (AOD) issues can affect anyone and there are people and services who want to help.
- ▶ Getting help from a drug and alcohol service is a great option, where you can receive support for some of the underlying issues that might be contributing to your substance use.
- ▶ You don't need to wait until you're ready to stop completely to ask for help. Support is available if you want to cut down or learn how to minimise risks surrounding your use.
- ▶ There are different support options available to you and services can work with you to make helpful changes.

*O auala e mafai ai ona e lagolagoina se uo o loo feagai ma faafitauli tau ava malosi poo fualaau faasaina:*

- ◀ Aua le fefaamasinoai ma taumafai e tuu le tusitusi lima; e le manaomia le faalagoina e lau uo ua faamasino atu ia
- ◀ E fia faamamafa talanoaga e tutusa uma ai tagata; o se talanoaga e soalau-pule tutusa ai e moomia, ina ia malamalama ai i mafuaaga ua tagofia ai fualaau faasaina.
- ◀ Sallii i avanoa e faalauiloo ai aafiaga o fualaau faasaina.
- ◀ E tatau ona faamamafa faamatalaga moni ma le sa'o (facts) ae le o faamatalaga taufaasese ma le faatele e uiga i le ava malosi ma fualaau faasaina; e le aoga tala taufaafele ma le faamata'u.
- ◀ Talanoa ma faasoa i nisi mea e sui ai le faaogaina o fualaau faasaina, ma faamalosi i ai e su'e nisi mea faafiafia e aoga mo ia ma lona aiga.
- ◀ Afai e te moomia nisi faamatalaga e uiga i fualaau faasaina, ava malosi ma nisi auunaga e matou te fesoasoani atu ai, valaau mai i le Youth Solutions i le telefoni 02 4628 2319 pe asiasi foi i le matou itulau luga o le uepega tafailagi [www.youthsolutions.com.au](http://www.youthsolutions.com.au)



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**Need more information on drugs, alcohol or services that can help you? Call Youth Solutions on 02 4628 2319 or visit [www.youthsolutions.com.au](http://www.youthsolutions.com.au)**

**In an emergency call Triple Zero (000)**