

ALCOHOL, TOBACCO & OTHER DRUGS PROGRAM

The alcohol, tobacco and other drugs program is run by the Aboriginal Health Service, to help people live happily without alcohol, tobacco and other drugs and to help our children learn more productive ways of coping with life's challenges. The service is free and confidential. Call us on 1800 132 260.

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(Tasmanian Aboriginal Centre)

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Statewide Freecall 1800 132 260



Alcohol, Tobacco
& Other Drugs Program



SMOKING?

Drinking? Other Drugs?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

They're All Drugs

Cigarettes, alcohol, marijuana, amphetamines, prescription drugs... they're all drugs. Some of us can handle some of them in moderation, but for most of us they cause problems. It may not be you that is misusing the substance, but one person's problem with drugs has a way of spreading out to the people around them.

We Can Help

You may have tried to give it up before - maybe lots of times. You may think you can't be helped. You can. Anybody can. And we can help - but only if you talk to us.

We can help you at every level from giving up smoking, to helping your kids understand the benefits of keeping away from all kinds of drugs, to getting off the grog.

If you want to quit, we'll support you with whatever it takes - and after you're off it, we'll continue to support you, because that's a tricky time. There's temptation everywhere, and after giving up a habit that's been a big part of your life you're a bit vulnerable to going back down the old track.

Even If You're Not Giving It Up

Even if you're not giving it up, we can advise you how to use drugs in a safer way. We have a needle availability program, among other things.

Confidential Advice

Naturally our advice is completely confidential. So whether it's for yourself or a family member, contact us to get some free and well-thought-out advice. We'll set you on the road if you want to get on it.

Or maybe you just want your kids to be better educated about drugs. We can help with that too.

You Are Not Alone

When substance abuse enters your life (in whatever way), it's very easy to feel isolated and to think you have nowhere to turn. That's what we're here for: support, advice, real practical help and more support.

What We Can Provide

You can talk to any of our health staff: a doctor, nurse or Aboriginal health worker. They will help you work out what's the best path for you... it might be counselling, it could be attending a support group, or attending courses at places like Holyoake.

It could be assisted "time out" where you take a break from your normal routine to do some serious thinking about how you would really like your future to be.

It may be that going into detoxification and rehabilitation, either in Tasmania or interstate is the best path for you. Or it might just be coming back regularly and talking to whoever it is at the health service you most trust to provide you with the ongoing support you need.

Preventative Programs

For your children, it might be that taking part in some of our youth activities shows them that there are lots of ways to enjoy themselves without taking drugs. Cultural trips to the islands, sporting and recreational activities and camps at some of our important drug and alcohol free sites such as putalina and Irapuna show our youth, and all our community, that life can be so much more enjoyable when alcohol, tobacco and other drugs are not part of it.