



**The Ngarrang Guliwil campaign
was created to help Mob
understand:**

- what harmful alcohol use might look like
- what the potential impacts of alcohol-related behaviours could be
- what choices you are making before you make them
- to know when it is time to get support
- how to access support

**You can find out more
information about our
campaign by scanning
the QR code**



Who can I call for support?

In an emergency, always call **000**

DirectLine 24/7

1800 888 236

www.directline.org.au

National AOD Hotline 24/7

1800 250 015

<https://www.health.gov.au/our-work/drug-help>

Family Drug Support Line 24/7

1300 368 186

<https://www.fds.org.au/>

**If you or someone you know is
struggling with Alcohol and other
Drug use and need support, please
contact Goolum on (03) 5381 6333 to
yarn about how we can help.**

ADTF

Local Drug Action Team Program

Alcohol
and Drug
Foundation



Artwork created by Tanisha Lovett
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**NGARRANG
GULIWIL** 
'to know poison'

Every step towards
understanding is a step towards
stronger people, stronger
families and a stronger
Community





Alcohol can have an affect on every part of your life, including your:

- Physical health
- Mental health
- Emotions
- Relationships
- Work
- Education
- Finances
- Confidence
- Connection to Community & Culture
- Safety
- Spirit
- Self-esteem
- Sleep
- Routines
- Self-care
- Sense of self

You don't have to drink alcohol every day for it to become a problem for you.



You might notice you are:

- Drinking more than usual
- Thinking about alcohol more often
- Having cravings to drink alcohol
- Missing out on work or school
- Making risky or dangerous choices
- Disconnected from the Community
- Having feelings of shame and guilt
- Isolated from family and friends
- Struggling to maintain your relationships
- Having legal or parenting issues
- Needing more alcohol to feel the same effects
- Tired more often and feeling a lack of enjoyment
- Fighting more often
- Family & friends may be concerned for you



This might be your sign to check in with yourself!

Alcohol might be having a bigger impact on you than you think.

How can you look after yourselves and others?

Sometimes all you need to do is make small changes.

These could be:

- Have alcohol free days
- Know why you are drinking – for enjoyment or for another feeling?
- Make a plan for when you are going to drink and stick to it
- Make sure to eat before you drink
- Drink plenty of water
- Spend time with family and friends who support your goals
- Stay connected to Community & Culture
- Find other ways to manage your feelings of stress
- Know when to ask for support – the earlier the better!

There is never any shame in seeking support

