

HEALTH ED 2016 - AUSTRALIA AND THE 'ICE EPIDEMIC': SORTING OUT FACT FROM FICTION FOR GPs – WHAT'S THE REAL STORY?

USEFUL WEBSITES AND RESOURCES

Australian Drug Foundation (ADF) (www.adf.org.au): This site can be a little confusing if you just want basic information (downloadable fact sheets on a range of alcohol and other drug issues can be found on their [Drug Info](#) page) as the organisation has been around for a long time and does a lot! The best page to go to is the [Information and Research](#) section that has links to a range of services that the ADF provides, many of which are free. They have recently been running a NSW Government-funded community education campaign called [Breaking the ice in our community](#) and the website gives details of resources and the support networks available in that state. A simple-to-read factsheet - [Ice facts](#) is also available

Family Drug Support (FDS) (www.fds.org.au): The FDS is all about supporting families affected by alcohol and other drugs and their site contains some great information specifically designed for that audience. Most probably the most unique sections of the site deal with providing practical advice on how to cope with family members who are experiencing problems with drugs, as well as suggestions on how to set boundaries. This organization also provides an extremely helpful helpline

NDARC (2015). *On Ice*. This booklet is possibly the most comprehensive Australian resource available on the issue and GPs should find it extremely useful. Covering topics such as sex and ice, psychosis and aggression, social and legal issues associated with use, as well as dependence and cravings, this should be downloaded by GPs and used as a useful resource when dealing with methamphetamine users. ([PDF downloadable version](#))

ALCOHOL AND OTHER DRUG HELPLINES

There are many places people can go to for help if they or a friend or family member has an alcohol or other drug problem. In every state and territory there is an Alcohol and Drug Information Service (ADIS), these are staffed by trained professionals who can help with any alcohol or other drug query. They can also assist GPs in providing information and contact details on appropriate services in their area.

The ADIS numbers for each state and territory are listed below:

NSW ADIS: (02) 9361 8000 or 1800 422 599

VIC DirectLine: 1800 888 236

SA ADIS: (08) 8363 8618 or 1300 131 340

WA ADIS: (08) 9442 5000 or 1800 198 024

QLD ADIS: (07) 3837 5989 or 1800 177 833

TAS ADIS: 1800 811 994

NT ADIS: 1800 131 350

ACT ADIS: (02) 6205 4545

Some other useful services for drug users include the following:

VIC: Victorian Drug User Group/VIVAIDS: (03) 9329 1500
NT: Amity House: (08) 8944 6565 or 1800 684 372
SA: SAVIVE: (08) 8334 1699
WA: WA Substance Users Association (WASUA): (08) 9227 7866

If you are working with a concerned family member of a person using alcohol or other drugs, the following agencies can be contacted for information, help and advice:

Australia wide: Family Drug Support (FDS) Helpline: 1300 368 186
WA: Parent Drug Information Service: (08) 9442 5050 or 1800 653 203

REFERENCES

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