

**“You can get help.  
Don’t let your spirit  
turn to ice. Stay  
strong, black and  
deadly.”**

Chloe

**NOT OUR  
WAY**

**DON'T LET YOUR SPIRIT  
TURN TO ICE**

**For more information and resources go to  
[www.police.nsw.gov.au/notourway](http://www.police.nsw.gov.au/notourway)**

### **Who can our mob call?**

Alcohol and Drug Information Service (ADIS). You can call ADIS any time of the day or week for support, information, advice, crisis counselling and referral to services in NSW. ADIS counsellors understand the difficulties of finding appropriate drug and alcohol treatment and use their knowledge and experience to assist you.

**Tel:** 02 9361 8000 (Sydney)  
**or free call:** 1800 422 599  
(For NSW regional and rural callers)  
A 24-hour confidential information, advice and referral telephone service.

 **#NotOurWay**

SHPN: CPH 170110



**NSW Police Force**