"Reminding yourself that there's better things out there. There's a life and if you want it you can get it."

Wade



DRUGS DON'T HAVE TO BE ILLEGAL TO BE LETHAL

For more information and resources go to 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.



or free call: 1800 422 599

(For NSW regional and rural callers)

A 24-hour confidential information, advice and referral telephone service.



SHPN: CPH 170112