

NOT OUR WAY

ARE YOU STANDING ON THIN ICE?



Who is this storybook for?

This storybook has been developed in response to concerns raised by Aboriginal communities dealing with the impacts of ice misuse. It aims to provide practical and useful information to support our Mob in dealing with loved ones misusing ice and keeping our community safe.

This storybook also provides advice for our people who are currently misusing ice and seeking support to quit.

We would like to acknowledge all of the people, services and communities that contributed to the development of this resource from across NSW.

Thank you for sharing your stories and knowledge.

For more information please visit
www.police.nsw.gov.au/notourway



NSW Police Force



HEY BRUZ, HOW GOOD IS THIS!

YEAH AY, I GUESS IT BEATS DOING NUTHIN' BUT IT'S HARD WORK.



MY BACK IS ALREADY KILLIN' ME KAELAN! IT'S GOTTA BE BREAK TIME SOON RIGHT?

HAHA, STOP BLUDGING JACOB AND GET BACK TO WORK!

WEEKS LATER AT THE PUB AFTER WORK.

ENJOYING THE APPRENTICESHIP ROOKIE?

IT'S HARD WORK!

A FEW OF US ARE GOING OUT AFTER, YOU KEEN?

HOW DO YOU HAVE THE ENERGY AFTER WORK?

HAHA YOU'LL GET USED TO IT! OF COURSE I DO HAVE A BIT OF HELP...

ISN'T THAT STUFF REALLY ADDICTIVE AND MAKE YOU GO AGRO?

DO I LOOK LIKE A JUNKIE? IT'S FINE, I ONLY USE IT WHEN I NEED TO.

DO YOU WANT SOME? IT'LL HELP IF YOU'RE COMIN' WITH US.

OKAY...

4:00 AM
TUESDAY

NEXT MORNING AT WORK.



WOW
BRUZ YOU'RE KILLIN'
IT TODAY!

YEAH
JUST FEEL SO
PUMPED AY

WELL
DON'T OVERDO IT,
YOU'LL BE FEELING IT
TOMORROW!



Are you standing on thin ice?

It's easy to become hooked on ice if it's used regularly.

A FEW WEEKS LATER...



WHAT'S WITH YOU LATELY? SORT YOURSELF OUT, YOU'RE GONNA HURT SOMEONE.

I'M FINE OK!!!



NO YOU'RE NOT, YOU'RE LATE AGAIN. YOU CAN HARDLY FOCUS. NOT GOOD ENOUGH JACOB. THIS IS YOUR LAST WARNING.

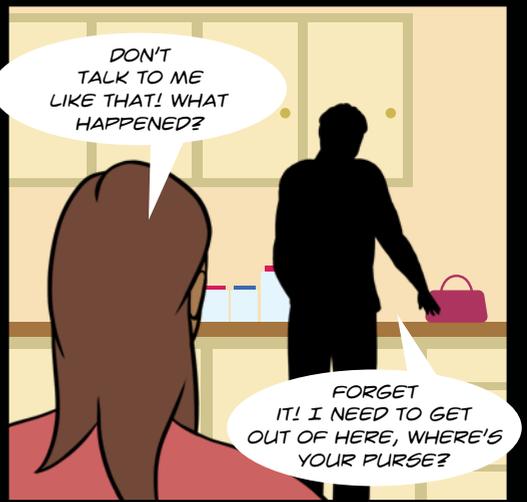
I DON'T WANNA BE HERE ANYWAYS!



WHAT'S GOIN ON WITH HIM?

I DUNNO, NEVER SEEN HIM LIKE THIS BEFORE.

You're not yourself when you use ice.



Keep our families safe and strong - ice can make us hurt the ones who love us the most.

LATER THAT NIGHT...



Don't let your spirit turn to ice.



I DON'T KNOW WHAT'S GOIN ON WITH HIM AUNTY. HE HARDLY COMES HOME, AND IF HE DOES HE JUST CRASHES OUT. HE DOESN'T EVEN PLAY WITH LEVI ANYMORE.

I HAVEN'T SEEN HIM LIKE THIS EITHER, WHAT CAN WE DO?

DO YOU THINK JACOB COULD BE USING DRUGS? THERE'S A LOT OF TALK AT THE ELDERS GROUP ABOUT ICE.



MAYBE? BUT HOW DO WE TALK TO HIM ABOUT IT.

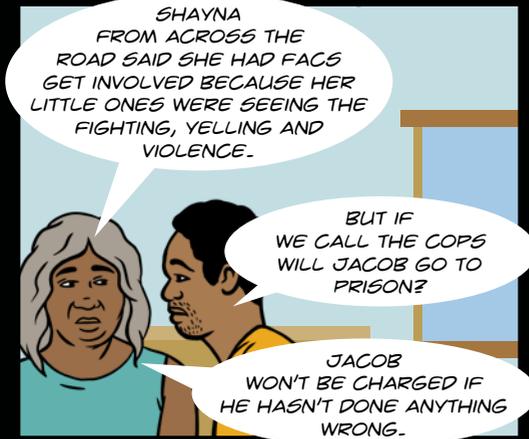
JUST TRY HAVIN A YARN TO HIM, BUT IF HE GETS ANGRY JUST LEAVE IT. DONT PUT YOURSELF IN DANGER.

JACOB WOULD NEVER HURT ME OR LEVI.



PEOPLE ON DRUGS DO THINGS THEY WOULDN'T NORMALLY DO. **IF JACOB BECOMES VIOLENT YOU NEED TO CALL THE POLICE, YOU AND LEVI NEED TO KEEP SAFE.**

I HOPE IT DOESN'T COME TO THAT AUNT.



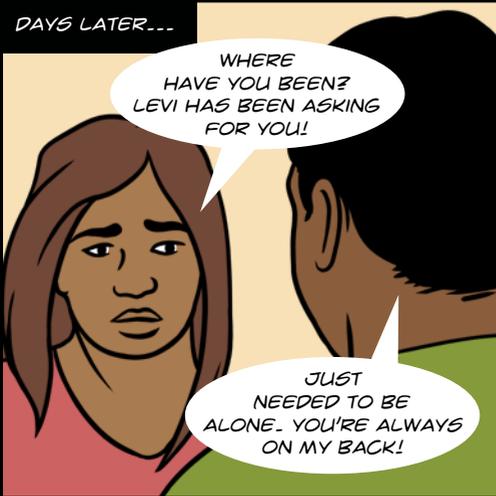
SHAYNA FROM ACROSS THE ROAD SAID SHE HAD FACTS GET INVOLVED BECAUSE HER LITTLE ONES WERE SEEING THE FIGHTING, YELLING AND VIOLENCE.

BUT IF WE CALL THE COPS WILL JACOB GO TO PRISON?

JACOB WON'T BE CHARGED IF HE HASN'T DONE ANYTHING WRONG.

It's important to stay safe.
Get support for your own and your family's sake.

DAYS LATER...



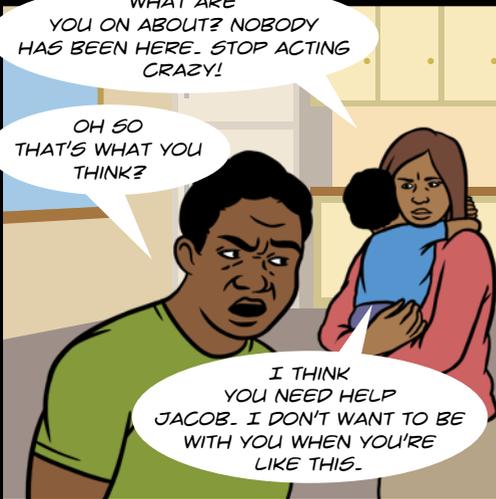
WHERE HAVE YOU BEEN? LEVI HAS BEEN ASKING FOR YOU!

JUST NEEDED TO BE ALONE. YOU'RE ALWAYS ON MY BACK!



I THINK WE NEED TO TALK.

WELL I DON'T WANT TO... WHO ELSE HAS BEEN HERE?!"



WHAT ARE YOU ON ABOUT? NOBODY HAS BEEN HERE. STOP ACTING CRAZY!

OH SO THAT'S WHAT YOU THINK?

I THINK YOU NEED HELP JACOB. I DON'T WANT TO BE WITH YOU WHEN YOU'RE LIKE THIS.



SO YOU'RE BREAKING UP WITH ME! THERE'S SOMEONE ELSE ISN'T THERE!!!

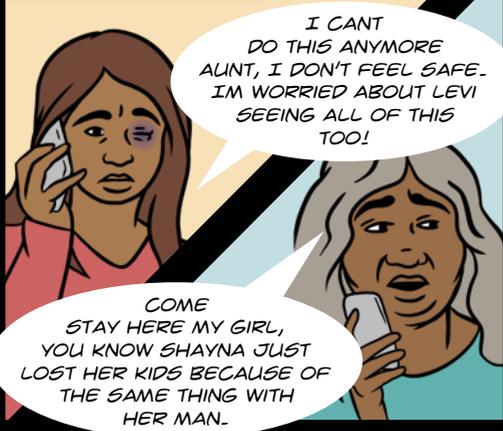
JACOB JUST GET OUT, YOU'RE SCARING US.

IM NOT GOING ANYWHERE!



If the person becomes violent or threatens to hurt themselves or someone else, call the police by dialing Triple Zero (000).

6 MONTHS LATER...
THINGS ARE WORSE..



It's everyone's responsibility to report domestic violence. You could save someone's life.

It's not a da'awg act to call the cops on a woman basher, it's a da'awg act not to.



WHAT WENT WRONG THIS TIME JACOB?

GOT BACK ON DRUGS.

THIS IS WHERE YOU'LL KEEP ENDING UP SON. IT'S NOT TOO LATE TO CHANGE. YOU'RE NOT A BAD BLOKE WHEN YOU'RE NOT ON DRUGS.

AVO

DAYS LATER...



JACOB, WHAT ARE YOU DOING WITH YOUR LIFE?

I DON'T WANT TO LIVE LIKE THIS ANYMORE.



I'VE HAD TO WATCH YOU LOSE EVERYTHING BRAH, I CAN ONLY HELP SO MUCH.

I KNOW; I JUST DON'T KNOW WHERE TO START?

Don't be shame to ask for help.
You're not alone and help is available.



START BY ADDRESSING YOUR DRUG PROBLEM, GO TO THE LOCAL AMS. I'M SURE THEY CAN HELP YOU, THERE ARE A FEW DIFFERENT OPTIONS OUT THERE.

IM TOO SHAME TO SHOW MY FACE DOWN THERE AUNT.



YOU CAN ALWAYS CALL ADIS, THEY'RE FREE AND 24HRS. MIGHT HELP YOU GET PAST THE SHAME AND GET YOU TALKING ABOUT YOUR ISSUES BRUZ.

THANKS SO MUCH AY, I DON'T KNOW WHAT I'D DO WITHOUT YA'S. IM GONNA MAKE IT RIGHT THIS TIME. FOR LEVI, ALEISHA BUT MAINLY FOR ME.



LATER THAT WEEK...

CALL ADIS- (02) 9361 8000 (SYDNEY)

You can get help. Be proud of who you see, keep your spirit healthy.

You can call ADIS any time of the day or week for support, information, advice, crisis counseling and referral to services in NSW.

Need help? Call **1800 422 599** (For NSW regional and rural callers) or **(02) 9361 8000** (for Sydney)

List of characters



KAELAN



JACOB



NATHAN



JAKE



ALEISHA



AUNTY MAVIS

Where to get help?

New South Wales

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.

Sydney: 02 9361 8000

Regional NSW: 1800 422 599

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

National

beyondblue 1300 22 4636

24 hours a day, 7 days a week

Support for depression, anxiety and related disorders.

Counselling Online

24 hours a day, 7 days a week

Free alcohol and drug counselling online
www.counsellingonline.org.au.

Family Drug Help: 1300 660 068

24 hours a day, 7 days a week

Family Drug Support: 1300 368 186

24 hours a day, 7 days a week

Support for families faced with problematic drug use.

Kids Help Line: 1800 55 1800

24 hours a day, 7 days a week

Free and confidential telephone and online counselling service for young people aged between 5 and 25.

Lifeline: 13 11 14

24 hours a day, 7 days a week

Confidential telephone counselling.

SANE Australia helpline: 1800 187 263

9am–5pm, Monday to Friday

Information and referral about mental health issues.

Stimulant Treatment Line

24/7 confidential service offering education, information, referral, crisis counselling and support specifically for stimulant use such as speed, ice, ecstasy and cocaine.

T: 9361 8088 (Sydney metropolitan)

T: 1800 101 188 (regional and rural NSW, free call from a landline)

Crystal Meth Anonymous

A free 'twelve step' group support meeting for people experiencing problems with their ice use - visit the website to find a meeting near you.

www.crystalmeth.org.au

Alcohol and Drug Foundation (ADF)

Information about ice and its effects, resources, details on ice forums in NSW and a list of help and support services in NSW.

www.adf.org.au/breakingtheice

Aboriginal Health and Research Council (AH&MRC) 9212 4777

The peak representative body and voice on Aboriginal health services in NSW.

www.ahmrc.org.au

