

# NOT OUR WAY

DRUGS DON'T HAVE TO BE ILLEGAL TO BE LETHAL



# Who is this storybook for?

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

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

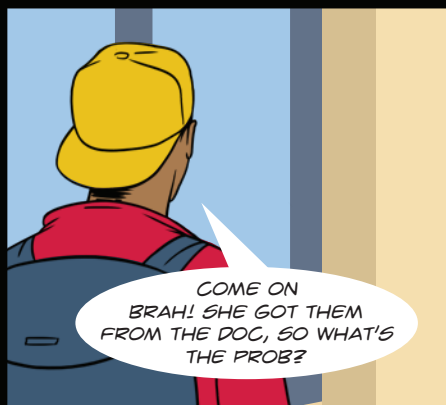
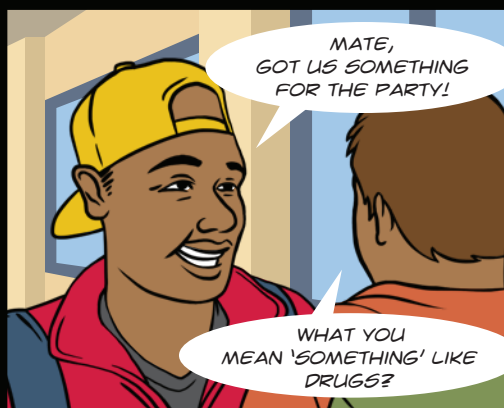
We would like to acknowledge all of the people, services and communities that contributed to the development of this resource from across NSW.

Thank you for sharing your stories and knowledge.

For more information please visit  
[www.police.nsw.gov.au/notourway](http://www.police.nsw.gov.au/notourway)



**NSW Police Force**



LATER THAT DAY...

HEY  
AUNT, HOW  
ARE YOU?

FEELING  
SAD LOVE, SEEING  
SO MANY OF OUR  
PEOPLE MESSING  
WITH DRUGS.

JAI,  
YOU HEAR ANYTHING  
ABOUT OUR MOB TAKING  
DRUGS? THE SORT YOU'D GET  
FROM A DOCTOR OR A  
CHEMIST?

NAH,  
NOT REALLY.

SOME  
OF OUR MOB TAKE  
MEDICINES FOR A BUZZ.  
IT'S DANGEROUS.

IT  
SOUNDS  
REALLY RISKY  
AUNT, IF IT'S NOT  
PRESCRIBED TO YOU,  
ANYTHING COULD  
HAPPEN.

THAT'S  
IT JAI, OUR MOB  
ARE, BUYING, STEALING FROM  
PEOPLE WHO NEED IT AND  
SWAPPING PILLS AT PARTIES.  
IT'S DANGEROUS AND  
AGAINST THE LAW.

Medicines can be dangerous if they are not used as instructed.

They can also be misused by other people including friends and family.



BUT  
IF IT'S FROM THE  
DOCTOR, WHAT'S BAD  
ABOUT IT?

MEDICINES  
CAN DO GOOD IF  
SOMEONE IS SICK OR NEEDS  
THEM, BUT SOMETIMES PEOPLE  
KEEP TAKIN' THEM, EVEN AFTER  
THEY ARE WELL.

BUT  
WHAT ABOUT  
PEOPLE TAKING THEM,  
WHO AREN'T SICK?

TROUBLE  
IS NOT KNOWING  
WHAT IT MIGHT DO TO THEM,  
ESPECIALLY WHEN MIXED WITH  
GROG OR DRUGS ... YOU CAN  
GET VERY SICK, EVEN  
OVERDOSE.



SO LIKE  
THE TABLETS I GOT WHEN  
I BROKE MY ARM?

YES, THE  
DOC DECIDED HOW MANY  
TO GIVE YOU AND TOLD YOU HOW  
TO TAKE THEM TO STOP YOUR  
ARM HURTING.

YEAH,  
THEY MADE ME  
FEEL A BIT SLEEPY! YOU  
HAD A GO AT ME, COS I  
LEFT THEM ON THE  
TABLE.

YES!  
MEDICINES NEED TO  
BE PUT AWAY, PEOPLE ARE  
DESPERATE TO GET SOME OF THESE  
DRUGS, SOME EVEN STEAL  
FROM FAMILY.

YEAH,  
I KNOW!

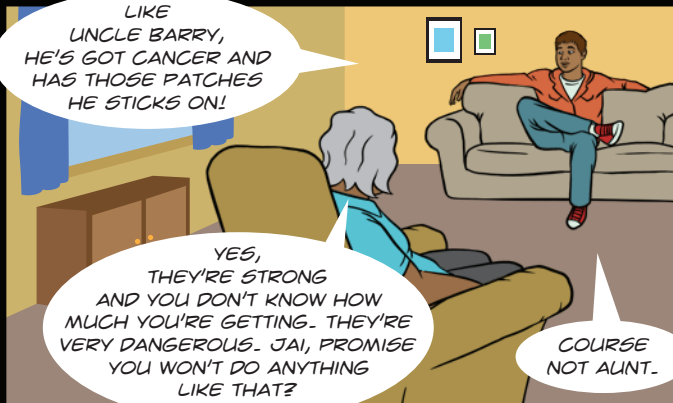
IT'S  
HARD WHEN SOMEONE  
REALLY NEEDS THEIR  
MEDICINES AND FAMILY OR  
FRIENDS COME AND TAKE  
THEM.



LIKE  
UNCLE BARRY,  
HE'S GOT CANCER AND  
HAS THOSE PATCHES  
HE STICKS ON!

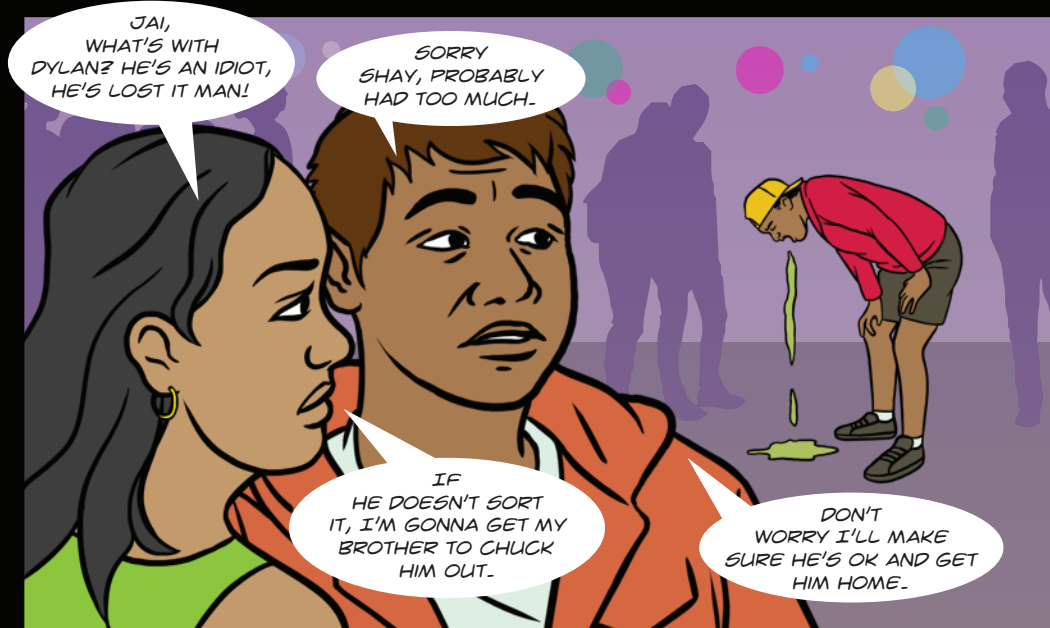
YES,  
THEY'RE STRONG  
AND YOU DON'T KNOW HOW  
MUCH YOU'RE GETTING. THEY'RE  
VERY DANGEROUS. JAI, PROMISE  
YOU WON'T DO ANYTHING  
LIKE THAT?

COURSE  
NOT AUNT.



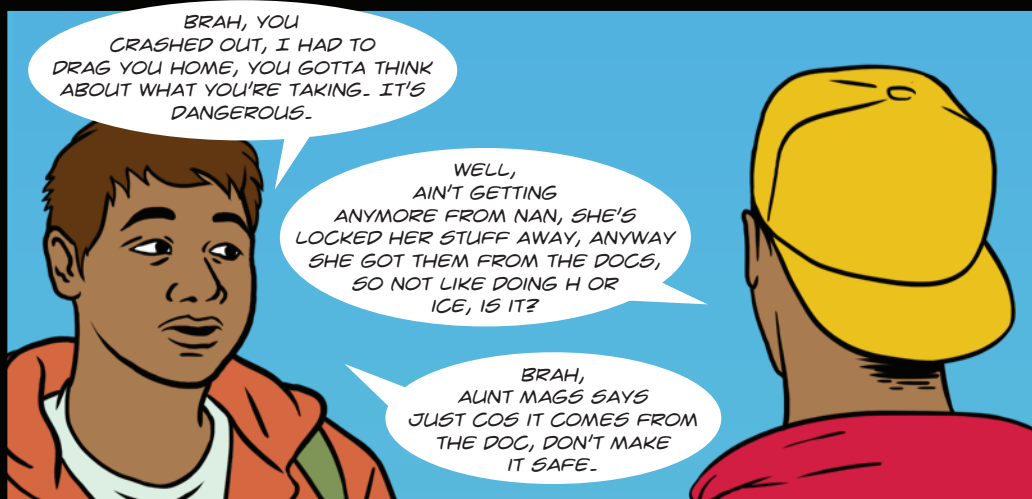
Keep your  
medicines safe.

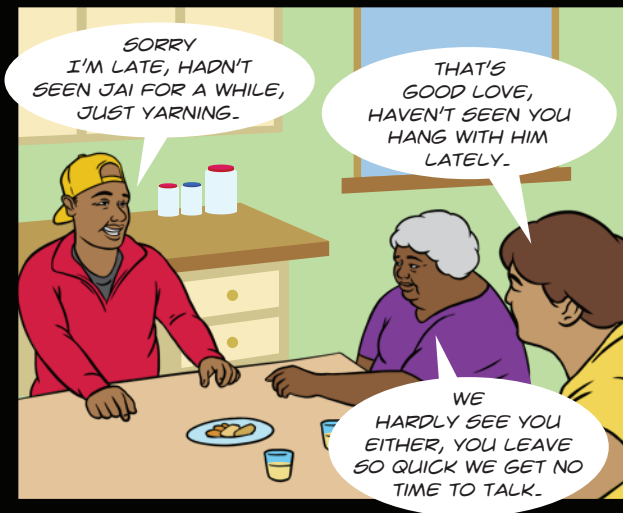
Put them away  
and out of reach of  
children and others.



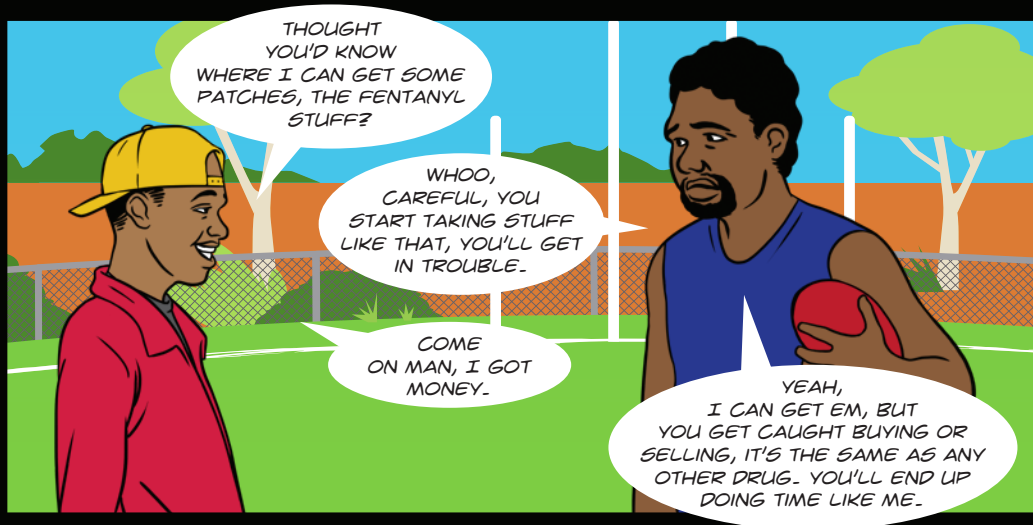
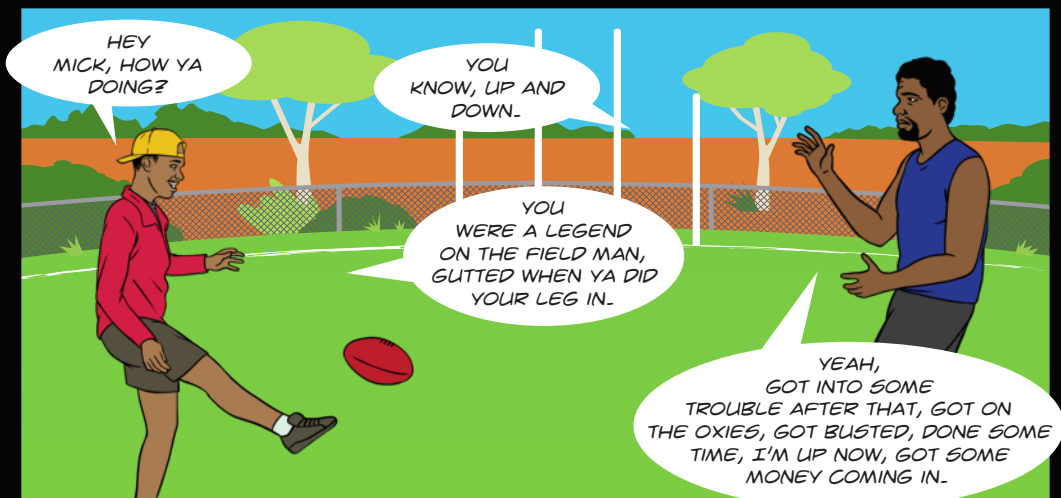
Mixing pharmaceutical drugs with other drugs or alcohol is dangerous, you could overdose and die.

3 MONTHS AFTER THE PARTY...









It's illegal to sell and/or use medicines that are not prescribed to you.

You could be charged with supply and possession.

1 MONTH LATER...

SAW  
DYLAN THE OTHER  
DAY, HE'S LOST A LOT OF  
WEIGHT, SEEMED VAGUE,  
LOOKED HALF  
ASLEEP.

HAVEN'T  
SEEN MUCH OF  
HIM, YARNED TO HIS MUM,  
HE'S NOT HOME MUCH, TRIED  
CALLING HIM BUT HE  
NEVER ANSWERS.

MIGHT  
HAVE A WORD  
WITH HIS MUM, SEE IF  
EVERYTHING'S OK.

YOU  
KNOW WHAT YOU  
WERE SAYING ABOUT  
DRUGS FROM THE  
DOC?

YEAH.

HE  
TOOK SOMETHING,  
I THOUGHT IT WAS ONE  
TIME, BUT I THINK HE'S STILL  
DOING IT. SORRY AUNTY, I  
THOUGHT HE'D LISTEN,  
YOU KNOW.

OK  
LOVE, LET'S TALK  
TO UNCLE FRANK AT THE  
AMS. I'LL GIVE HIS MUM SOME  
HELPLINE NUMBERS AND TRY  
TO GET DYLAN TO SEE  
SOMEONE.

Know the early signs  
of pharmaceutical  
misuse.

1 WEEK LATER...

JAI BUB,  
I'VE GOT SOMETHING TO  
TELL YOU.

WHAT?

SPOKE  
TO DYLAN'S MUM,  
HE WAS RUSHED TO  
HOSPITAL BY AMBOS,  
OVERDOSE. HE'S OK,  
HE'LL BE OK.

TRUE  
AUNT?

SHE KNEW  
SOMETHING WASN'T  
RIGHT. LOOKS LIKE HE'S  
BEEN STEALING AND USING HIS  
COUSIN'S MEDICARE  
CARD TOO.

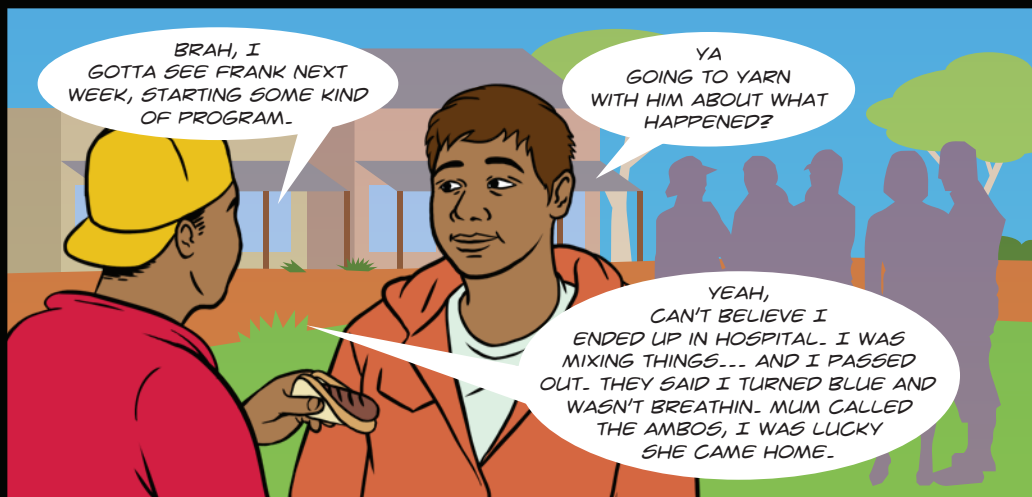
I  
DIDN'T KNOW IT  
WAS SO BAD. WISH I'D  
TRIED TO HELP HIM A BIT  
MORE... I'LL GET THE BOYS  
TOGETHER, MAKE SURE HE  
KNOWS WE'RE STILL  
MATES AND ALL.

GOOD  
LOVE, IT'S GOING TO BE  
TOUGH FOR HIM, BUT REMIND  
HIM HE'S GOT GOOD MOB AROUND  
HIM AND HE'LL NEED  
SUPPORT.

WILL DO  
AUNT, I'LL GO SEE  
HIM AS SOON AS I CAN.

IT'S  
SAD, MICK WAS  
FOUND DEAD LAST NIGHT.  
THEY FOUND TABLETS, PATCHES,  
BOTTLES OF BEERS... HE DIDN'T  
HAVE ANY SUPPORT, THAT'S WHY  
WE HAVE TO HELP DYLAN AND  
HIS FAMILY THROUGH.

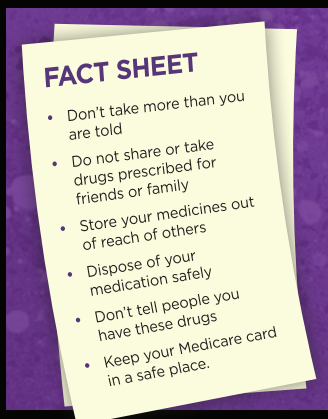
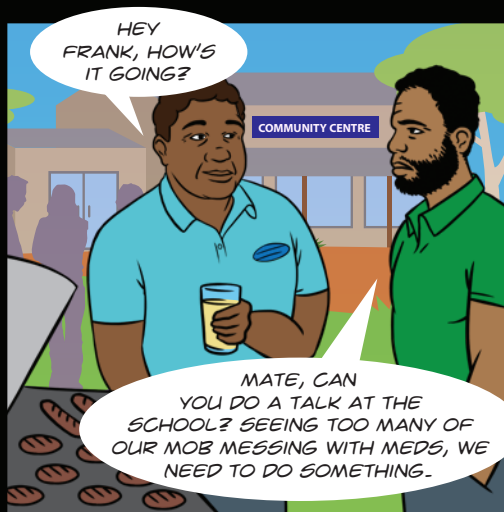
When a life is in  
danger, always call  
Triple Zero (000).



**Fentanyl patches, when not used as prescribed, can be extremely dangerous and can cause fatal overdoses when misused.**

**Dispose of any used patches as directed.**





1 MONTH LATER...

HOW'S  
IT GOING, YA STILL  
DOING THAT WORKSHOP  
THING WITH UNCLE  
FRANK?

YEAH  
HAD A YARN WITH  
FRANK, GOING UP NORTH,  
CAMPING AND ALL..

COOL,  
BE GREAT!

FRANK'S  
ASKED ME TO  
DO SOME TALKS AT THE  
SCHOOLS, THOUGHT IF I TOLD  
OTHER KIDS HOW EASY IT IS  
TO GET MESSED UP,  
MIGHT HELP..

GOOD ON  
YA, THINK THAT STUFF  
DOESN'T HAPPEN BUT IT DOES,  
AUNT MAGS SEES IT ALL THE TIME..  
YOU'RE LUCKY YA MUM AND NAN  
DIDN'T GIVE UP ON YA!

TRUE AY,  
THANKS FOR HAVING MY BACK  
I'VE HAD A LOT OF SUPPORT FROM THE  
MOB.. KEEPS ME STRONG, KEEPS ME UP WHEN  
I WANT TO FALL DOWN.. THERE'S A LONG WAY  
TO GO I KNOW, BUT ITS EASIER WITH  
THE SUPPORT..

Drugs don't have to be illegal to be lethal.

# List of characters



*DYLAN*



*JAI*



*MAGGIE*



*SHAYLEE*



*NAN*



*MLIM*



*MICK*



*ROBBIE*



*FRANK*

# 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](http://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](http://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](http://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](http://www.ahmrc.org.au)