



NOT OUR WAY

**ARE YOU STANDING
ON THIN ICE?**



NSW Police Force

It's important to keep you and the person on ice safe!

Having an ambulance or the police attend is the safest option if you think someone has had ice and is in danger, or likely to hurt someone. **Call Triple Zero (000) immediately.**

If you know someone trying to give up ice, keep trying and show your support, recovery is hard and they'll need you.

Call ADIS at any time for support, information, advice, crisis counsellors and referral in NSW.

Sydney: 02 9361 8000

Regional NSW: 1800 422 599

Not Our Way (NOW) - For more more information & resources please visit www.police.nsw.gov.au/notourway

Worried about your cuz?

Psychosis / acting womba

Overheating

Having a seizure

Chest pain, racing heart

Breathing problems

Not waking up

