




**NOT OUR  
WAY**

ARE YOU STANDING ON THIN ICE?

A close-up portrait of a woman with dark hair pulled back, looking directly at the camera with a slight smile. She has a thin necklace.

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

Chloe

**Our Mob are 1.6 times  
more likely to use  
meth.**

Source: NDSHS

**Our women are 10  
times more likely, and  
our men are 6 times  
more likely, to end up  
in hospital.**

Source: NSW Health Fact Sheet



**NSW Police Force**

# Why is ice a problem?

**The problems caused by ice in our community are growing and our Mob are suffering. Our community has had enough... it's Not Our Way.**

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

This booklet also provides advice for our people who are currently using ice and wanting help 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.





## When is someone in danger?

**If you notice one of these, you should call for help:**

- psychosis (acting womba or going silly in the head)
- overheating (sweating, tearing off clothing)
- having a seizure (fitting)
- chest pain and their heartbeat is racing
- having breathing problems
- can't be woken up
- hurting themselves or someone else.

Somebody doesn't need to have all of these signs for them to be overdosing.

Only one or a few could still mean they are in trouble and need help, **call Triple Zero (000) immediately.**

## What is psychosis?

- being overly suspicious of other people
- feeling like other people are 'out to get them'
- hearing, seeing, smelling, touching or tasting things that aren't there
- acting highly alert, agitated or jumpy
- talking fast, changing topics, being confused or not making sense
- acting strange and being unpredictable
- talking to people who are not there
- arguing and yelling at people for no reason.



## What should you do in an emergency?

**Call Triple Zero (000)** immediately if you think someone has had ice and is in serious danger, or likely to hurt someone else.

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

It's important to keep our Mob safe, including the person on ice, so having the ambulance and/or police there is the safest option.





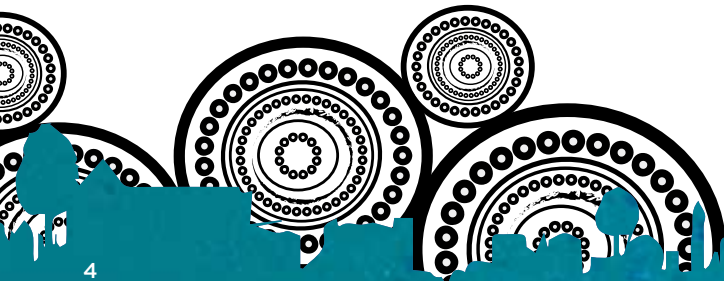
## What should I do after calling Triple Zero (000)?

**If they are psychotic (acting womba) these are some things you should do:**

- stay calm
- try not to panic
- keep your voice low and steady
- move slowly and try not to make too much eye contact
- never confront someone who is on ice and being violent or aggressive
- don't ask too many questions or be too pushy if they are angry.

### **Keep people safe:**

- move children, older people and others out of the house or area
- give the person space – don't back yourself or them into a corner
- don't sit on them, they might stop breathing
- avoid areas of the house (kitchen, bathroom, garage) where there may be things that can be used as weapons
- if you can get out, leave if you don't feel safe.



# What should I do before help arrives?

## If they've collapsed:

- don't leave them alone
- try to keep the person awake (talk to them, use their name).

# What should I do after help arrives?

- Stay out of their way unless you are asked for help
- keep children and family away.

## You'll need to provide ambulance officers with as much information as you can:

- what they have taken (drugs and/or alcohol)
- how much they have taken
- any packaging, boxes or labels to identify what drug has been taken
- any existing medical conditions
- what you've seen while you've been with them.

**Remember, calling an ambulance doesn't always involve the police or being arrested.**

# What is the role of Police?

**If you call Triple Zero (000) for help, the role of police is to ensure that everyone is safe.**

If police are there, they may:

- call for an ambulance, or take them to a hospital to be assessed by a doctor
- depending on that assessment, the person may need to stay in hospital
- remove the user from the area if they are violent (to keep everyone safe)
- if they've not broken the law, they can go home when they are no longer violent
- if they have broken the law while on drugs they might still be charged.





# How do I know if someone is using ice?

Ice can affect people differently. When they're high they might show some of these signs:

## Body:



big pupils



dry mouth and teeth grinding



overheating and sweating



fast heart rate



feeling dizzy and shaky



feeling less hungry or off their tucker



awake for a long time



itchy skin that makes them scratch repetitively

## Mind:



increased confidence, alertness and energy



anxiety and paranoia



taking more risks than usual



yelling or being aggressive



some people can get violent

Remember some people show different signs at different times.

## When they're 'coming down' they may show some of these signs:

- difficulty sleeping
- exhaustion, too tired to move
- sudden or severe headaches, dizziness or blurred vision
- feeling down or depressed
- short term memory loss.

## What might happen if someone is using ice?

### They might hurt themselves by:

- making their body and spirit sick
- becoming dependant (addicted or 'hooked')
- having a psychotic episode (acting womba)
- getting diseases – sharing needles can cause Hep B, Hep C, HIV and AIDS
- having a stroke or heart attack.





## What about mixing with alcohol/other drugs?

It's even more dangerous when you mix drugs with other drugs or alcohol, you could overdose.

### They might hurt their family and friends by:

- lying and stealing
- not doing what they say they will do
- not taking care of kids
- getting into fights with people and making the family ashamed
- being angry and violent.

### They might hurt their well-being by:

- consistently missing school, work, sport, or other important events
- forgetting things or being distracted
- not doing well at work or school
- being fired from a job
- committing crime and even going to prison.



# How do we protect Our Mob?

## Keep yourself safe

- **call Triple Zero (000)** immediately if help is needed (the person becomes violent or threatens to hurt themselves or someone else)
- go to a friend or neighbour's house

If you have a local Domestic Violence Liaison Officer speak with them if necessary.



# Worried about your friend or cuz?

- stay healthy – remember to look after yourself too.

## Get advice from someone you trust:

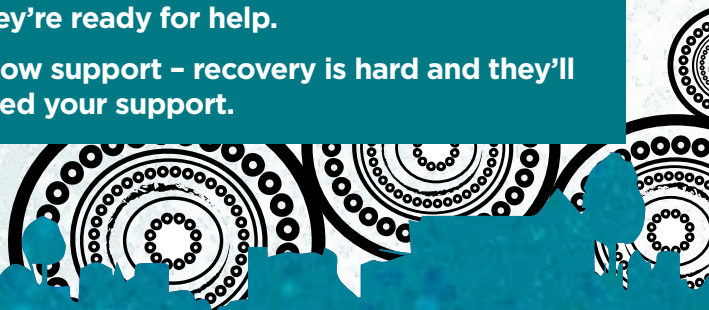
- a friend or family member
- a counsellor
- a youth worker
- your Elders, Women's or Men's Group
- your Aboriginal Community Liaison Officer.

## Get help:

- go to your local doctor or AMS
- talk to a local health worker
- call a help line (check out the list of services on the back page).

**Keep trying – it might take a while before they're ready for help.**

**Show support – recovery is hard and they'll need your support.**





**“Your loved ones...  
don’t turn them away.  
Find direct help for  
them. Stay with them.”**

Aunty Gwen,  
Aboriginal Hospital Liaison Officer



# Where can I 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.

## For Everyone

**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)