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
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!
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....
Are you standing on thin ice?

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

A few weeks later...

You’re not yourself when you use ice.
SLAM

SHH! I’VE PUT LEVI DOWN FOR A NAP. WHAT ARE YOU DOING HOME SO EARLY BABE?

JUST LEAVE ME ALONE, EVERYONE JUST NEEDS TO LEAVE ME THE HELL ALONE!

DON’T TALK TO ME LIKE THAT! WHAT HAPPENED?

FORGET IT! I NEED TO GET OUT OF HERE, WHERE’S YOUR PURSE?

I’VE ONLY GOT ENOUGH FOR GROCERIES THIS WEEK, WHAT DO YOU NEED IT FOR?

NONE OF YOUR DAMN BUSINESS! GET OUT OF MY WAY!

STOP YELLING! WHY CAN’T YOU JUST TALK TO ME?

I DON’T NEED YOU! SO LEAVE ME ALONE!

Keep our families safe and strong - ice can make us hurt the ones who love us the most.
Hey, can I stay here tonight?

Yeah of course. You right?

Not really just feel so tired and moody hey.

I'll just tell Nan you're here.

All good brah, there's a bed in the spare room.

Thanks, I'm just gonna go for a walk hey, need to clear my head, I'll be right back.

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.

Shayna from across the road said she had FaCS get involved because her little ones were seeing the fighting, yelling and violence.

Just try havin a yarn to him, but if he gets angry just leave it. Don’t 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.

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

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.

I'M NOT GOING ANYWHERE!

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

I THINK WE NEED TO TALK.

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

DAYS LATER...

I don't want to be with you when you're like this.

If the person becomes violent or threatens to hurt themselves or someone else, call the police by dialing Triple Zero (000).
Come stay here my girl, you know Shayna just lost her kids because of the same thing with her man.

I can’t do this anymore, Aunt, I don’t feel safe. I’m worried about Levi seeing all of this too!

I don’t want to lose Levi, I’m just grabbing a few things and I’ll head over.

Thanks so much Aunt.

6 months later… things are worse.

You’re not going anywhere.

Hello Police? My neighbour needs help.

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

It’s not a dawg act to call the cops on a woman basher, it’s a dawg 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.

I don’t want to live like this anymore.

Don’t be shame to ask for help.

You’re not alone and help is available.

Days later...

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.

Jacob, what are you doing with your life?
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.

I'm 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. I'm gonna make it right this time. For Levi, Aleisha but mainly for me.

Later that week...

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)

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

**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