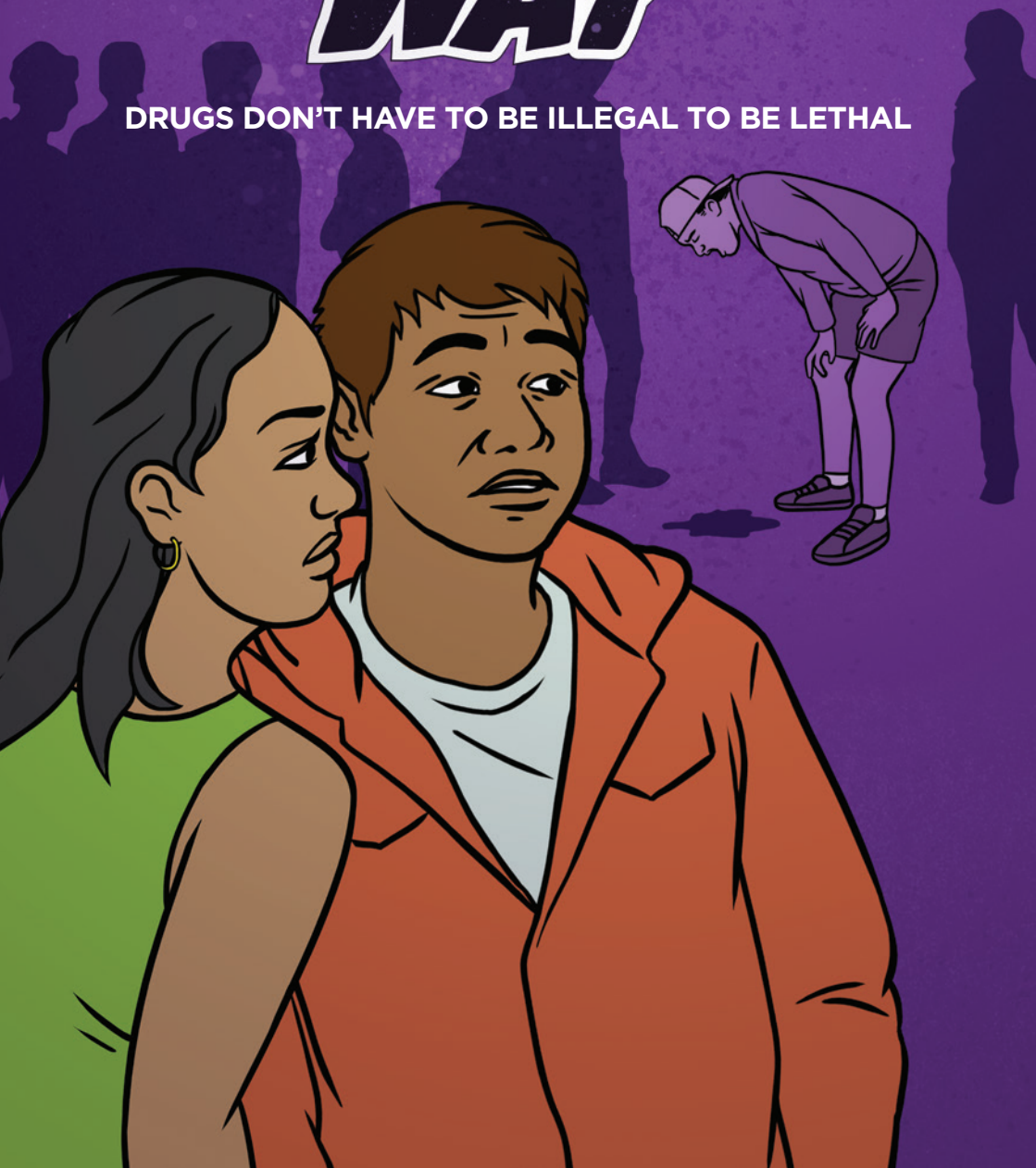


NOT OUR WAY

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



NSW Police Force



YOU COMIN TO THE PARTY?

SURE, HAVE TO TELL MUM I'M AT YOURS.



MATE, GOT US SOMETHING FOR THE PARTY!

WHAT YOU MEAN 'SOMETHING' LIKE DRUGS?



YEAH, TOOK SOME OF NAN'S TABLETS, SHE GOT THEM FOR HER BACK.

I DON'T KNOW BRAH.



COME ON BRAH! SHE GOT THEM FROM THE DOC, SO WHAT'S THE PROB?



YEAH, I GUESS. LOOK, I'LL SEE YOU LATER?

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!

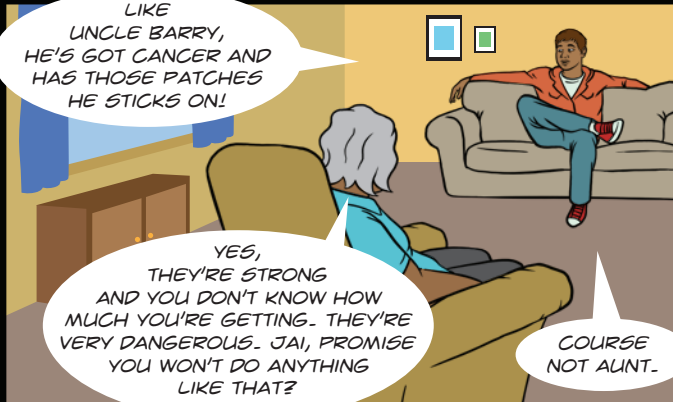
IT'S
HARD WHEN SOMEONE
REALLY NEEDS THEIR
MEDICINES AND FAMILY OR
FRIENDS COME AND TAKE
THEM.



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.

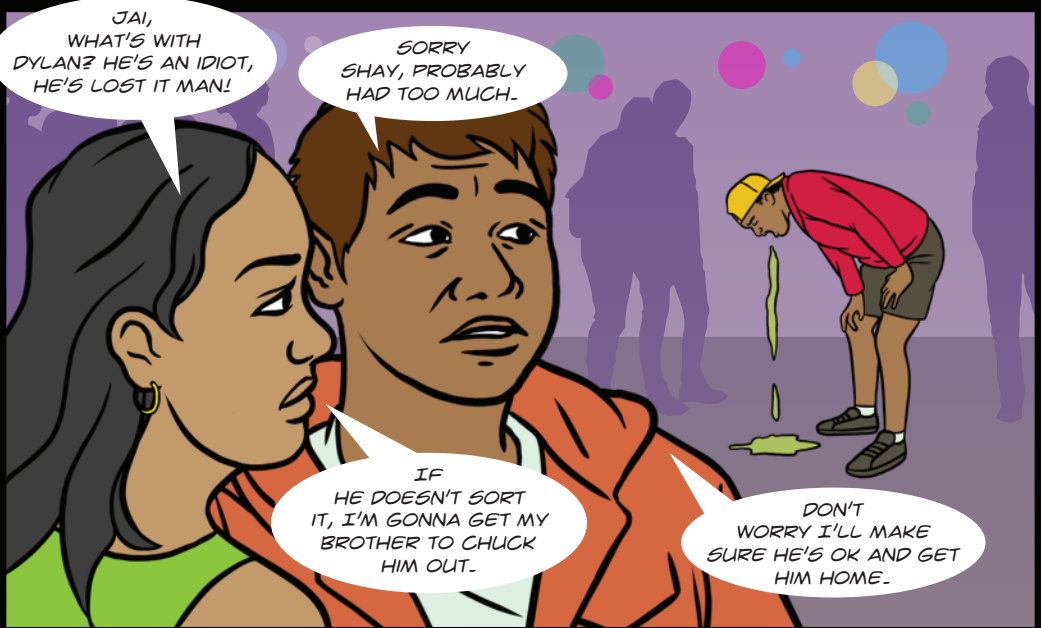


LOOK
I GOT THOSE
TABLETS, YOU WANT
SOME?

NAH,
I'M ALRIGHT.

SERIOUSLY,
BRAH?

SERIOUS
BRAH YOU'RE DRINKING,
MIXING IT UP. DO YA KNOW WHAT
THEY ARE ANYWAY?



JAI,
WHAT'S WITH
DYLAN? HE'S AN IDIOT,
HE'S LOST IT MAN!

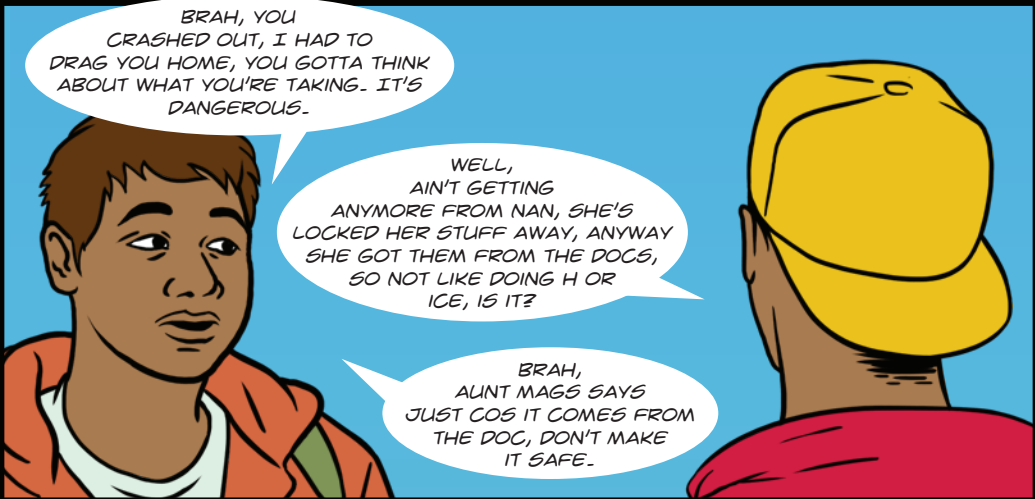
SORRY
SHAY, PROBABLY
HAD TOO MUCH.

IF
HE DOESN'T SORT
IT, I'M GONNA GET MY
BROTHER TO CHUCK
HIM OUT.

DON'T
WORRY I'LL MAKE
SURE HE'S OK AND GET
HIM HOME.

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

3 MONTHS AFTER THE PARTY...





SORRY I'M LATE, HADN'T SEEN JAI FOR A WHILE, JUST YARNING.

THAT'S GOOD LOVE, HAVEN'T SEEN YOU HANG WITH HIM LATELY.

WE HARDLY SEE YOU EITHER, YOU LEAVE SO QUICK WE GET NO TIME TO TALK.



AH YA KNOW NAN, THINGS TO DO. HOW YOU FEELING NAN, BETTER?

I'M BETTER LOVE, LOOK, I'M WORRIED ABOUT YOU MY BOY.

WHAT YA TALKING ABOUT NANZ?



YOU'RE NOT YOU LOVE, YOU'RE SLEEPY AND MOODY, NO FRIENDS THAT I SEE, SCHOOL CALLING COS YOU'RE NEVER THERE---

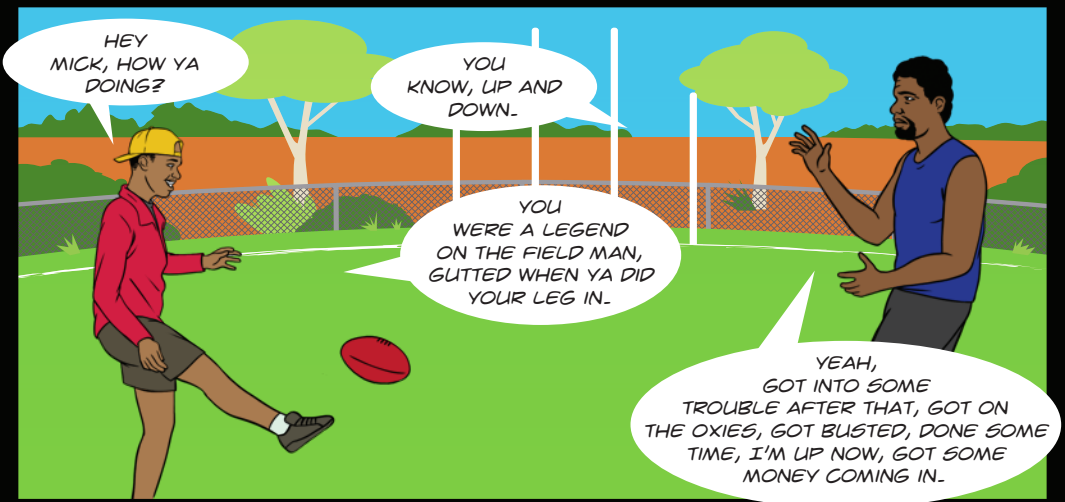
DYLAN, WE JUST WANT TO TALK, WE LOVE YOU, BUT THERE IS MONEY AND STUFF MISSING. WORSE, NAN WAS MISSING SOME OF HER TABLETS FROM THE DOCTOR.

I GET SO MUCH PAIN, I SHOULD HAVE KEPT MY TABLETS LOCKED AWAY.



WHAT'S GOING ON DYLAN, WE CAN GO SPEAK TO SOMEONE, GET SOME HELP---

WHAT, AM I THE ONLY ONE IN THE HOUSE? I AIN'T TAKEN NO TABLETS AND I HAVEN'T BEEN NEAR NO MONEY, I DON'T HAVE TO LISTEN THIS CRAP, LEAVE ME ALONE.

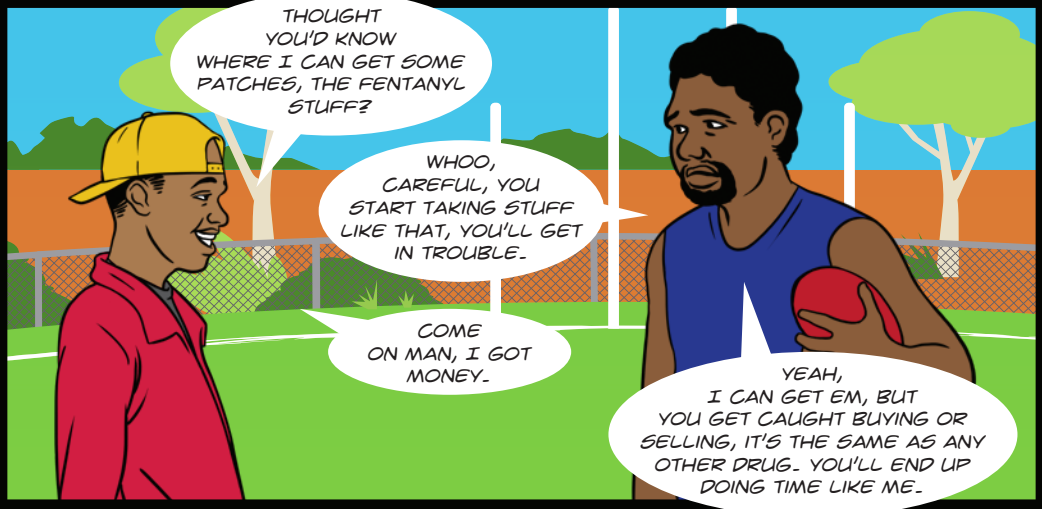


HEY MICK, HOW YA DOING?

YOU KNOW, UP AND DOWN...

YOU WERE A LEGEND ON THE FIELD MAN, GUTTED WHEN YA DID YOUR LEG IN.

YEAH, GOT INTO SOME TROUBLE AFTER THAT, GOT ON THE OXIES, GOT BUSTED, DONE SOME TIME, I'M UP NOW, GOT SOME MONEY COMING IN.



THOUGHT YOU'D KNOW WHERE I CAN GET SOME PATCHES, THE FENTANYL STUFF?

WHOO, CAREFUL, YOU START TAKING STUFF LIKE THAT, YOU'LL GET IN TROUBLE.

COME ON MAN, I GOT MONEY.

YEAH, I CAN GET EM, BUT YOU GET CAUGHT BUYING OR SELLING, IT'S THE SAME AS ANY OTHER DRUG. YOU'LL END UP DONE TIME LIKE ME.



JUST WANT SOMETHING FOR NEXT WEEK, WHAT'S THE PROB MAN?

YOU GET THE DOSE WRONG, YOU COULD OVERDOSE. LEAVE THE PATCHES ALONE.

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
AUNTY?

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

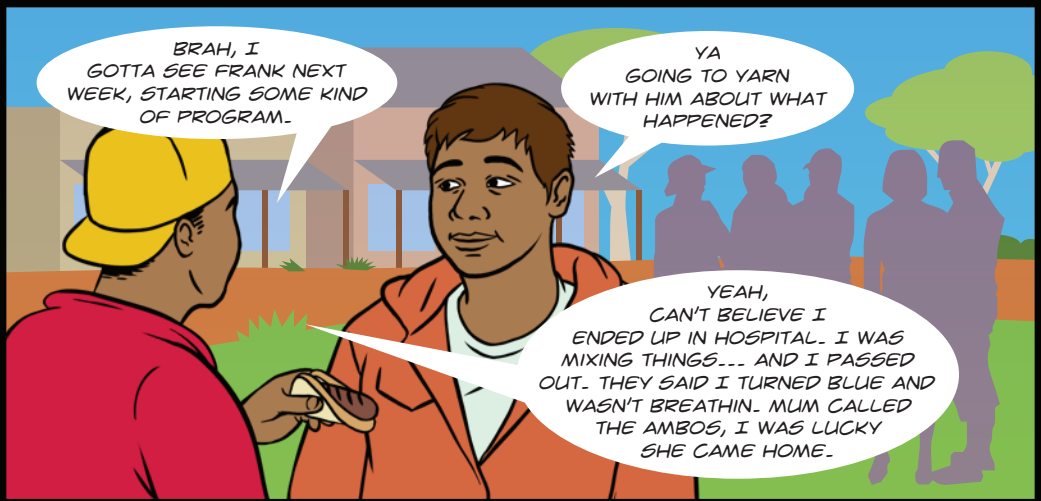
I
DIDN'T KNOW IT
WAS SO BAD. WISH I'D
TRIED TO HELP HIM A BIT
MORE... I'LL GET THE BOYS
TOGETHER, MAKE SURE HE
KNOWS WE'RE STILL
MATES AND ALL.

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).



BRAH, I GOTTA SEE FRANK NEXT WEEK, STARTING SOME KIND OF PROGRAM.

YA GOING TO YARN WITH HIM ABOUT WHAT HAPPENED?

YEAH, CAN'T BELIEVE I ENDED UP IN HOSPITAL. I WAS MIXING THINGS... AND I PASSED OUT. THEY SAID I TURNED BLUE AND WASN'T BREATHIN. MUM CALLED THE AMBOS, I WAS LUCKY SHE CAME HOME.



AUNT MAGS SAYS FULLAS ARE TAKIN IT COS THE DRUG COMES FROM THE DOC, THEY THINK YOU CAN USE THEM AND NOT GET HOOKED OR OVERDOSE.

BRAH, IT FELT GOOD BUT THEN I PASSED OUT, CAN'T REMEMBER REALLY. MUM KNEW SOMETHING WAS HAPPENING AND I WAS STEALING STUFF TO BUY WHAT I COULD MATE.



GOOD YOU'RE GOING TO TALK TO UNCLE FRANK, HE'S ALRIGHT! DID YOU HEAR ABOUT MICK?

YEAH, WE USED TO HANG. MICK TRIED TELLING ME THE PATCHES WERE BAD WISH HE'D LISTENED TO HIS OWN ADVICE.

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.



HEY FRANK, HOW'S IT GOING?

MATE, CAN YOU DO A TALK AT THE SCHOOL? SEEING TOO MANY OF OUR MOB MESSING WITH MEDS, WE NEED TO DO SOMETHING.



SURE THING, SEEING IT EVERY DAY, TOUGH AREA PHARMACUETICALS.

ALOT OF OUR MOB DON'T KNOW HOW DANGEROUS AND ADDICTIVE 'PHARMAS' CAN BE. THAT'S WHY YOU NEED A DOCTOR'S PRESCRIPTION.



YEAH, NO PRESCRIPTION MIGHT MEAN AN ARREST FOR SUPPLY OR POSSESSION.

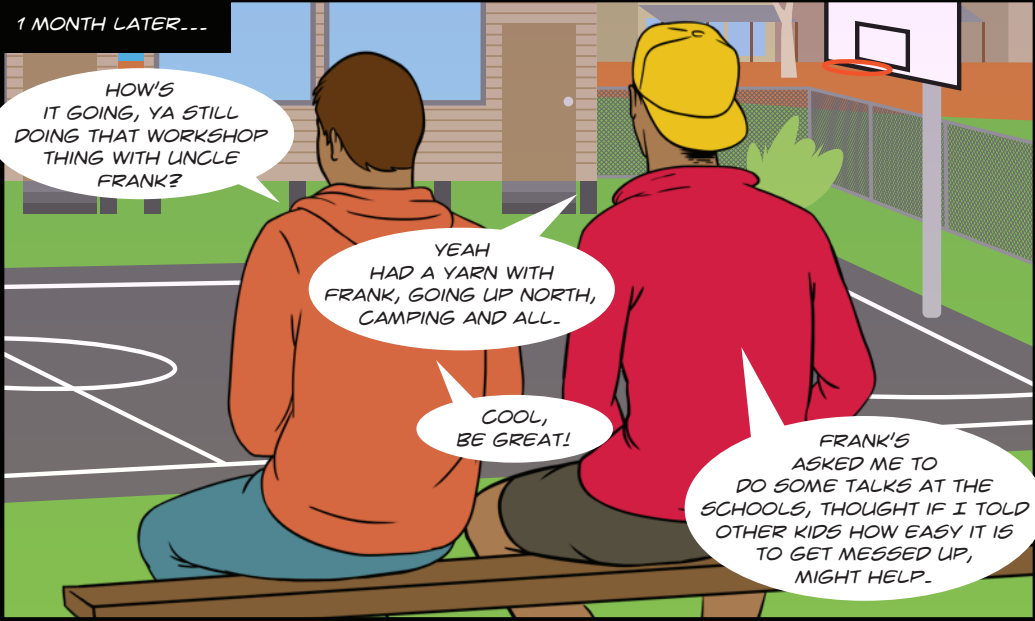


WE GOTTA EDUCATE THE COMMUNITY ON HOW TO STORE THEIR MEDICINES SAFELY. I'VE GOT THIS BOOKLET WE CAN USE.

FACT SHEET

- Don't take more than you are told
- Do not share or take drugs prescribed for friends or family
- Store your medicines out of reach of others
- Dispose of your medication safely
- Don't tell people you have these drugs
- Keep your Medicare card in a safe place.

1 MONTH LATER...

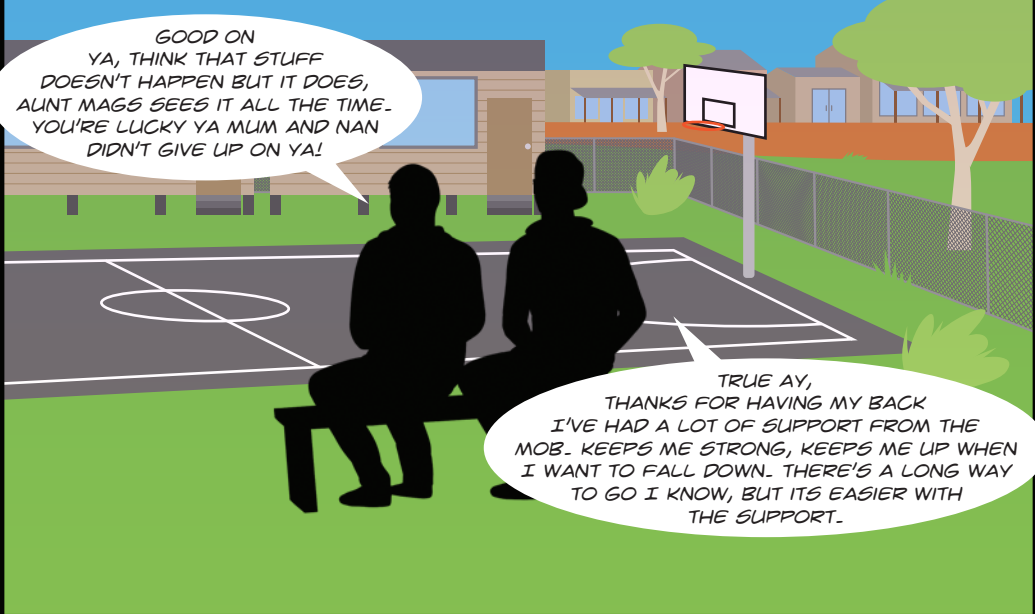


HOW'S IT GOING, YA STILL DOING THAT WORKSHOP THING WITH UNCLE FRANK?

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.

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