

Tips for staying on track

- Know your triggers for stress, drinking or drug use and what you can do instead.
- Avoid having alcohol or drugs in the house – so you're not tempted.
- Have your 'no thanks' prepared for when you're offered a drink or drugs.
- Ask your friends and family to support you.
- Join a gym, start a hobby or do some study to give you a new focus.
- Avoid situations or people that may cause you to drink or use drugs.
- Be kind to yourself and celebrate your progress.

IT'S OKAY TO REACH OUT FOR SUPPORT



Scan QR code or
visit website for details

WATCH OUT FOR YOUR MATES



Signs you or a friend might need help:

- Feeling anxious, down or overwhelmed.
- Drinking too much or using drugs.
- Lying about drinking or drug use.
- Being less social than usual.
- Not keeping on top of tasks at home, work or school.
- Past attempts to stop drinking or drug use haven't worked.
- Health issues that could be caused by drinking or drugs.
- Mood swings (often linked to alcohol and drug use).
- Losing interest in activities you once found enjoyable.

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If some of these signs sound familiar, it's time to make a change.

Here's where you can find help:

Medical Centre

Talk to your doctor or practice nurse.

Local addiction & wellness services:

Phone: 03 687 2150 or 0800 277 997

Kensington centre is open
8:00 AM - 5:00 PM,
Monday to Friday.

Phone and online support

Depression Helpline

Phone: 0800 111 757
www.depression.org.nz

Youth online support:
www.thelowdown.co.nz

Alcohol & Drug Helpline

Phone: 0800 787 797
www.alcoholdrughelp.org.nz