



**NSP**

# CALENDAR

ENGAGING YOUR CLIENTS IN A  
CONVERSATION ABOUT HEALTH



# NSP

The Needle and Syringe Program (NSP) is an essential part of Australia's health system, providing sterile injecting equipment, advice, support and referral opportunities to the communities they operate in.

People who inject drugs come from all backgrounds and there is no one type of person who will use an NSP. Some manage their drug use and health and wellbeing well, many do not and have a lot of issues related to their drug use. Many NSP clients experience multiple vulnerabilities such as poor physical health, poor mental health, inadequate housing or poverty. As a result, these clients often have poorer health outcomes compared to others in the community.

The NSP plays a vital role in providing a safe and supported space for clients to engage with this important health service. Open communication is key part of an NSP worker's role and it's important to say a few words to every client when they come to the NSP.

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**Building rapport with clients can take time. It's not going to happen overnight. Be consistent and sincere and the rapport will develop.**

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Remember when you're speaking to clients at the NSP that there may be other people around. Keep things conversational and be aware others may overhear you. Don't ask too many questions that may potentially breach someone's confidentiality or make them nervous.

The conversation doesn't even have to be about drug use or injecting. A simple "Hi, how are you, how are things going?" or "hi, haven't seen you in a while, how are you?" can make a big difference. If someone feels comfortable going to a service and asking for support, they are more likely to come back and continue to engage with the service.

# THE CALENDAR

<b>January</b>	Hydration
<b>February</b>	Safer Using/Injecting Overdose Response
<b>March</b>	Women's Health Oral Health
<b>April</b>	General Health
<b>May</b>	Smoking
<b>June</b>	Support. Don't Punish Safer Injecting
<b>July</b>	Hepatitis
<b>August</b>	Overdose/IOAD
<b>September</b>	Suicide Prevention
<b>October</b>	Older People Mental Health
<b>November</b>	Diabetes/Keeping Healthy
<b>December</b>	AIDS Protect Your NSP: Dispose of Syringe Litter

This calendar contains a list of events that provide good opportunities for Needle and Syringe Program workers to engage with their clients. There is an International or World Day for each month with conversation points for when you're speaking with clients.

These international days are highlighted as there is already lots of information and resources (like posters) for each of these days which you can easily access online and display around the NSP. This will help promote good health and wellbeing and provide context for the talking points.

For each month, we've suggested a *Safer Using Series* brochure to display and offer to clients. This is meant as an addition to displaying the entire series throughout the year as these brochures have particular relevance to the event highlighted.

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**It's a good idea to read all the brochures in the *Safer Using Series* so that you are familiar with the content. This will help you when you're engaging with clients.**

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NSP workers should promote appropriate disposal of injecting equipment at every opportunity. Offer clients additional disposal containers and ensure that they are aware of disposal locations.

It's also worth noting that some NSP clients, especially those who use steroids, often miss out on harm reduction messages as they may not engage with other drug-related services.

NSP workers should try offer *Safer Using Series* 'Steroids' brochure to clients who are collecting steroid injecting equipment, e.g. 3ml barrels, 19g, 21g and 23g / 25g x 1" needles.

Likewise, there may be other brochures that are relevant to particular NSP clients like pregnant women. Always take the opportunity to provide relevant information in these cases.

# JANUARY

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31

## HYDRATION

Considering an individual's hydration is an important harm reduction approach. A person may become dehydrated for reasons including drug use or simply not drinking enough water. NSP clients may have complex issues affecting their health so staying well hydrated is vitally important. It is difficult to know exactly how much water a person needs to drink.

It is recommended in the current Australian guidelines that we drink 'plenty of water', this is at least a litre over the course of a day.\* If you regularly drink water throughout the day, it will help prevent you becoming dehydrated. It's best to sip rather than guzzle lots of water in one go, because in hot weather your body can sometimes not get rid of it as well as at other times and you can end up drinking too much.

\* EAT FOR HEALTH Australian Dietary Guidelines. National Health and Medical Research Council, Australian Government, 2013

### Messages for clients:

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It's hot outside.  
Would you like some water?

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Staying hydrated can help bump up your veins and make it easier to find one.

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You need water for your body to work properly.

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You should regularly drink water throughout the day and especially if you're thirsty.

### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Veins
- + NSP
- + Linking to Other Services

# FEBRUARY

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 (Leap Year)

## SAFER USING/INJECTING

Injecting can cause vein damage which can lead to a lot of health problems like abscesses or cellulitis. Looking after veins can help NSP clients stay healthy and reduce the chances of vein damage and infections like hepatitis C (hep C). Injecting into a muscle can also cause problems if not done correctly.

### Messages for clients:

Have you got enough fits or would you like a few more in case you need them?

(On Friday, if service is closed at the weekend) We're closed until Monday. Have you got enough for the weekend?

Make sure you stock up on needles and syringes and disposal containers when you're here so you don't run out.

Take your time when injecting so there's less chance of making a mistake and missing your hit.

Regularly change or rotate where you inject to give your veins a break.

Make sure you bring back the used fits and put them in the disposal bin.

### Safer Using Series:

Offer *Safer Using Series* 'Steroids' brochure to clients who are collecting steroid injecting equipment such as:  
+ 3ml barrels  
+ 19g, 21g and 23g / 25g x 1" needles

## OVERDOSE RESPONSE

It is important to understand the risk of overdose for people who use drugs. Overdose can cause long term harm, injury and death. Overdose can look different depending on the drug involved for example the signs of amphetamine overdose can include overheating and chest pains, while signs of an opioid overdose can include snoring, gurgling noises and people not able to respond.

Naloxone is a medicine that temporarily reverses the effects of opioid overdose. It can be obtained by prescription or from a pharmacist. Naloxone has no effect other than reversing opioid overdose. It cannot be misused to get high.

### Messages for clients:

Have you heard about naloxone? It helps people breathe again if they've overdosed on drugs like heroin or morphine.

You can find out about naloxone:

+ Here (if your agency is a naloxone training provider)

+ Penington institute  
[www.penington.org.au](http://www.penington.org.au)

+ Harm Reduction Victoria  
[www.hrvic.org.au](http://www.hrvic.org.au)

### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

+ Injecting

+ Veins

+ Infections

+ Overdose

+ Cutting Down, Getting Off

# MARCH

01 02 03 04 05 06 07

08 09 10 11 12 13 14

International  
Women's Day

15 16 17 18 19 20 21

World Oral  
Health Day

22 23 24 25 26 27 28

29 30 31

## WOMEN'S HEALTH

### International Women's Day 8 March

Women who inject drugs can face particular health and social problems. They may also be looked at negatively, especially if they have young kids or are pregnant. It's important that they are supported and feel safe and comfortable going to the NSP. If a female NSP client has a good relationship with the NSP workers, she is more likely to ask for support when it's needed. Encourage them to share any information with their networks.

#### Messages for clients Women who inject drugs:

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How are you doing?

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If anything is troubling you, you can talk to us about it.

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This is a confidential service and we don't tell other people what you tell us.

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We've got (*insert your programs and activities*) for women clients of the service.

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We can help find other services for you.

#### Women who are pregnant:

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Have you seen a nurse about your pregnancy or would you like me to help you find one?

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You shouldn't make drastic changes to your drug use without speaking to a medical professional because it can be dangerous.

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A nurse or a GP can give you information about keeping yourself and your baby healthy.

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There is some good information about specific drugs and pregnancy on the internet at [www.thewomens.org.au](http://www.thewomens.org.au).

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Healthy Mum and Baby
- + Keeping Healthy
- + Linking to Other Services

## ORAL HEALTH

### World Oral Health Day 20 March

Using drugs can cause oral health issues. Opioid drugs can cause dry mouth while drugs like ice can cause a lot of tooth grinding. These problems can lead to dental problems, poor nutrition and even blood-poisoning. Promoting good dental health can improve an NSP client's overall health and wellbeing.

#### Messages for clients:

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We're raising awareness of dental health this month. Would you like a brochure?

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Using some drugs can increase the risk of problems with your teeth and gums.

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Smoking ice damages the enamel on your teeth. If you're smoking ice you should rinse out your mouth regularly.

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Drugs like heroin and methadone dry your mouth. If you chew sugar-free gum or sugar-free lollies it will help prevent any damage this will cause.

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If you want to see a dentist I can help you find one.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Keeping Healthy
- + Linking to Other Services

# APRIL

01 02 03 04 05 06 07

World  
Health Day

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

## GENERAL HEALTH

### World Health Day 7 April

It is important for everyone to keep on top of their general health and well-being. This month is a good month to do a general check in.

Many people who use drugs have a lot going on in their lives, including complex health issues. Getting enough sleep, eating well and cutting down on sugary drinks can help them stay healthy, which can then help them cope more effectively with other problems.

#### Messages for clients:

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How are you?

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We're doing a health push this month. Would you like a brochure?

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We're doing a health push this month. Did you know we have *(your agency's health services)* here?

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Have you heard about the new hep C treatments? Would you like a brochure?

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Getting enough sleep is really important.

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The doctors working in NSP services often have a better understanding of drug-related issues.

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If you want to find a service to help you make changes to your drug use, I can help.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

+ Keeping Healthy

+ Linking to Other Services

+ Hep C

# MAY

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

31

World No  
Tobacco Day

## SMOKING

### World No Tobacco Day 31 May

Smoking causes 15,500 cancer cases in Australia each year. Many people who use alcohol or other drugs also smoke cigarettes which can have a profound effect on their health. People who are dependent on alcohol and other drugs are far more likely to die from a smoking-related illness than from their other drugs.

#### Messages for clients:

We're talking to people about smoking this month...

(If they smoke) Have you thought about cutting down or quitting? You can save a lot of money.

It can take many attempts to try and get on top of it. A lot of people have to try a few different things before they manage it.

Nicotine replacement therapy can save you a lot of money. You still get the nicotine and give your lungs a rest from smoking. You can get discount nicotine patches if you get a prescription for them.

For twelve weeks on a prescription, nicotine patches will cost you \$118.50 or \$19.20 with a healthcare card.

A packet of cigarettes costs about \$30. Twelve weeks smoking a pack a day will cost you \$2,520. You could save up to \$2,500 in those 12 weeks.

If you quit you could save \$11,000 a year.

If you want help trying to make changes to your smoking I can help you find a service that can help or we can call QUITLINE on 13 7848.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

+ Keeping Healthy

+ Linking to Other Services



# JUNE

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

Support.  
Don't Punish

29 30

## SUPPORT. DON'T PUNISH

### Support. Don't Punish 26 June

Problematic drug use should be treated as a health and social issue rather than a legal one. Helping reduce the risks involved in drug use and to access services will help build good relationships between you and the people using your NSP and lead to better health and wellbeing for individuals and the community.

It's important to know what drug treatment options and other health and wellbeing services there are at your agency and local area. It's a good idea to have information on these options available and be willing to assist a client if they want to access them.

When speaking to someone using the NSP be aware of opportunities for referral options. 'Did you know we have ... program?'

If you miss the opportunity, you can bring it up the next time you see the client at the NSP. 'When we were talking last time I meant to say ...'

## SAFER INJECTING

Injecting can cause vein damage which can lead to a lot of health problems like abscesses or cellulitis. Looking after veins can help NSP clients stay healthy and reduce the chances of vein damage and infections like hepatitis C (hep C). Injecting into a muscle can also cause problems if not done correctly.

### Messages for clients:

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Have you got enough fits, or would you like a few more in case you need them?

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(On Friday, if service is closed at the weekend) We're closed until Monday. Have you got enough for the weekend?

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Always stock up on needles and syringes and disposal containers when you're here so you don't run out and have to reuse a blunt needle.

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Take your time when injecting so there's less chance of making a mistake and missing your hit.

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If you change where you inject regularly you'll give your veins a break.

### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Injecting
- + Veins
- + Using Away From Home
- + Cutting Down, Getting Off
- + Methadone and Suboxone

# JULY

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

World  
Hepatitis Day

29 30 31

## HEPATITIS

### World Hepatitis Day 28 July

Most often, people get hep C from sharing injecting equipment. There are new treatments to cure hep C that many people find much more manageable than the older ones. Anyone who is over 18 can get treatment but it is cheaper if they have a Medicare card. Most people can be treated by a GP.

Remember you can make supported referrals to GPs who treat hep C.

Hepatitis B (hep B) can also be transmitted by sharing injecting equipment. It's important to give information about this too.

### Messages for clients:

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It's World Hepatitis Day this month so we're doing a health push this month about hepatitis C.

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Would you like a brochure? It's got the information about the new hepatitis C treatments.

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The new treatments work really well. It gets rid of hep C in 95% of people who complete them.

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There are very few side effects with the new treatments and you can keep using.

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Testing to see if you have hep C is the first step to getting rid of it. There's no vaccination for hep C but it is preventable. There is a vaccination for hep A and hep B.

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If you want to talk to someone about hep C I can help you find a service. (DirectLine 1800 888 236)

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### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Hep C
- + Veins
- + Infections

# AUGUST

01 02 03 04 05 06 07

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

31

International Overdose  
Awareness Day

## OVERDOSE

### International Overdose Awareness Day (IOAD)

31 August

Overdose Awareness Day is an opportunity to remember those that have lost their lives or been affected by drug overdose.

Many agencies hold an event for IOAD. Some of these events are large with guest speakers, while other are small and discreet. Some agencies have a remembrance wall or picture where people can post tributes. Whatever the form, holding an event is a good way to remember people who have lost their lives due to a drug overdose and to educate people to try and make sure it doesn't happen again.

#### Messages for clients:

Did you know that the 31st is International Overdose Awareness Day?

If your agency is holding an event, promote it at each opportunity.

You can find out if there are near here on the International Overdose Awareness Day website. [www.overdoseday.com](http://www.overdoseday.com).

Have you heard about naloxone? It helps people breathe again if they've overdosed on drugs like heroin or morphine.

You can get information on holding an event, posting tributes, buying badges and wristbands at the International Overdose Awareness Day website: [www.overdoseday.com](http://www.overdoseday.com).

It is important to understand the risk of overdose for people who use drugs. Overdose can cause long term harm, injury and death. Overdose can look different depending on the drug involved, for example; the signs of amphetamine overdose can include overheating and chest pains, while signs of an opioid overdose can include snoring, gurgling noises and people unable to respond.

If someone is making unusual snoring or gurgling noises it might mean they can't breathe, not that they are sleeping but they are actually overdosing.

Naloxone can get someone breathing again while you call for help.

You can find out about naloxone:

- + Here (if your agency is a naloxone training provider)
- + Penington institute [www.penington.org.au](http://www.penington.org.au)
- + Harm Reduction Victoria [www.hrvic.org.au](http://www.hrvic.org.au).

Naloxone is a medicine that temporarily reverses the effects of opioid overdose. It can be obtained by prescription or from a pharmacist. Naloxone has no effect other than reversing opioid overdose. It cannot be misused to get high.

You can find agencies that provide naloxone training at [www.penington.org.au](http://www.penington.org.au).

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Overdose
- + Pills and Medicines
- + Methadone and Suboxone
- + Using Away From Home

# SEPTEMBER

01 02 03 04 05 06 07

08 09 **10** 11 12 13 14

World Suicide  
Prevention Day

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

## SUICIDE PREVENTION

### World Suicide Prevention Day 10 September

Problematic drug use and mental health problems are often seen together. People who regularly inject drugs may experience high levels of psychological distress and people with mental health problems might self-medicate with certain drugs. 43% of people who regularly inject report experiencing a mental health problem in the last six months – mainly depression followed by anxiety. Higher levels of psychological distress were reported among drug users compared to the general population. Supporting people who are experiencing mental ill health can make a huge difference to how someone copes with what is going on in their lives.\*

#### Messages for clients:

Each month we do a health promotion. This month it's about keeping healthy. Would you like a brochure?

How are things going?

What else can we do to help you?

Do you do any exercise? Getting active can help with feeling better.

Do you think you're getting enough sleep? Getting enough sleep can help you feel better.

If you want to talk to someone about anything that's bothering you, I can help find someone (DirectLine 1800 888 236).

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

+ Keeping Healthy

+ Cutting Down, Getting Off

+ Methadone and Suboxone

\* ILLICIT DRUG REPORTING SYSTEM (IDRS)  
National Drug and Alcohol Research Centre,  
University of New South Wales, Sydney, Australia

# OCTOBER

01 02 03 04 05 06 07

International Day  
of Older Persons

08 09 10 11 12 13 14

World Mental  
Health Day

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31

## OLDER PEOPLE

### International Day of Older Persons 1 October

As people get older they tend to develop more health issues. People over 55 make up nearly one in five NSP clients. Supporting these clients can help them stay in better health which can improve their quality of life.

#### Messages for clients:

##### How are things going?

We're talking about ways people can stay healthy this month. Would you like a brochure?

##### What are you doing at the moment to look after your health?

On a scale of one to ten, where is your health at the moment? What can we do to help you improve that?

Looking after your veins will help with injecting when you've been using for a long time.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Older People and Drug Use
- + Keeping Healthy

## MENTAL HEALTH

### World Mental Health Day 10 October

One in five Australians is affected by mental illness. Many of them do not speak about it because they are worried about how they will be seen or treated. Supporting people who are experiencing mental ill health can make a huge difference to how someone copes with what is going on in their lives. Sometimes people just need to see that someone cares. No one is expecting you to be a mental health expert. Just listen to them if they want to talk about something and offer support. Mental Health Australia suggests holding an event like a morning tea to help get rid of some of the stigma around mental illness.

It will help if you know what mental health services are in the area, and if in doubt, a GP is a good place for someone to start getting help.

NSP is a confidential service. Remember that NSP clients often worry about their drug use becoming known, especially in a small community where they might know you or other workers/clients/patients. It is very important to reassure clients that this is their NSP and their information is safe from becoming known to others. Promoting an inclusive, supportive and safe space at your service will mean your clients are more likely to engage with the service and seek help when they need it.

#### Messages for clients:

Did you know it's Mental Health Awareness month? Would you like a brochure?

##### How are things going?

##### What can we do to help?

If you want to talk to someone about anything we have (*your agency services*) here. Or I can help find someone else (DirectLine 1800 888 236).

NSP is an anonymous and confidential service.

This NSP is your service.

What could we be doing better?

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Linking to Other Services
- + Cutting Down, Getting Off

# NOVEMBER

01 02 03 04 05 06 07

08 09 10 11 12 13 14

World  
Diabetes Day

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30

## DIABETES / KEEPING HEALTHY

### World Diabetes Day 14 November

Eating as well as possible keeps a person's energy levels up and help prevent them from getting sick. Some foods like fruit, vegetables and fish will even help keep veins in good condition, which can improve a person's health. It's helpful if you have information on eating well on a budget and any cooking or healthy eating programs that your agency (or other local agency) holds.

#### Messages for clients:

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You should regularly drink water throughout the day and especially if you're thirsty.

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Staying hydrated can help bump up your veins and make it easier to find one.

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Some foods are really good for strong veins. Try to eat lots of fruit and vegetables and fish.

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If you can, try to cut down or cut out junk food and ease up on the salt. Too much sugar and salt can cause vein damage.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Keeping Healthy
- + Veins
- + Cutting Down, Getting Off

# DECEMBER

01 02 03 04 05 06 07

World  
AIDS Day

08 09 10 11 12 13 14

15 16 17 18 19 20 21

22 23 24 25 26 27 28

29 30 31

## AIDS

### World AIDS Day 1 December

Even though the HIV infection rate in Australia is low, it's still far too high. Good health information and access to services like NSP can prevent new cases of HIV and help people living with HIV stay in good health. NSPs have protected Australia from a HIV epidemic, not so in many other countries.

#### Messages for clients:

We're doing a health promotion, would you like a brochure?

Part of our health promotion is about sexual health, we have free condoms here if you need them?

Have you got enough fits or would you like some more in case you need them?

(On Friday, if service is closed at the weekend). We're closed until Monday, have you got enough of what you need for the weekend?

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

- + Safer Sex
- + Infections
- + Linking to Other Services

## PROTECT YOUR NSP: DISPOSE OF SYRINGE LITTER

While the majority of NSP clients dispose of their injecting equipment properly, there are occasions when syringe litter raises community concerns and causes negative impressions of the NSP. There is a lot that can be done to ensure this isn't a problem in your community.

Ensure the disposal containers are offered every time and what you give out are appropriate for the number of syringes provided.

Speak to Penington Institute regarding training for agency staff in retrieving syringe litter or about organising a disposal bin for outside.

Have the disposal helpline number handy for any syringe litter reported off site.

Let clients know what they can do to support the NSP.

#### Messages for clients:

We really rely on you disposing your fits properly.

Please tell us if you know where any needles have been left in places, like in the street or in the park.

If there are fits dumped around here the NSP might close. Please make sure to bring back all of yours.

Make sure you stock up on needles and syringes and disposal containers when you're here so you don't run out.

You can get condoms for free at this NSP.

#### Safer Using Series:

Have the following *Safer Using Series* brochures on display and offer them with every transaction:

+ Using and the Law

## USEFUL CONTACTS

### **NSP Helpdesk**

1300 365 482

[nsp.orders@dhhs.vic.gov.au](mailto:nsp.orders@dhhs.vic.gov.au)

Support for setting up NSP, forms specific to your agency, advice and complaints.

### **Penington Institute**

03 9650 0699 • [www.penington.org.au](http://www.penington.org.au)

Ongoing support for NSP workers and managers, including training, consultancy and advice.

### **DirectLine**

1800 888 236 (free call)

[www.directline.org.au](http://www.directline.org.au)

24-hour, 7-day confidential alcohol and drug counselling, information and referral.

### **Disposal Helpline**

1800 552 355 (Free call)

Victoria's toll-free, 24-hour Disposal Helpline provides counselling, advice and assistance to members of the community regarding the safe retrieval and disposal of discarded injecting equipment.

### **Harm Reduction Victoria**

03 9329 1500 • [www.hrvic.org.au](http://www.hrvic.org.au)

Provides peer support and safer using information for people who use drugs.

### **Self Help Addiction Resource Centre (SHARC)**

03 9573 1700 • [www.sharc.org.au](http://www.sharc.org.au)

Self-help approaches to recovery from severe alcohol and drug related issues.

### **Family Drug Help**

1300 660 068

[www.sharc.org.au/family-drug-help](http://www.sharc.org.au/family-drug-help)

Provides practical help, information and support to families and friends impacted by someone's drug and alcohol use.

### **LifeLine**

13 11 14 • [www.lifeline.org.au](http://www.lifeline.org.au)

Crisis support, suicide prevention.

### **Pharmacotherapy Advocacy, Mediation and Support service (PAMS):**

1800 443 844 • [www.hrvic.org.au/pams](http://www.hrvic.org.au/pams)

Provides peer support for people on pharmacotherapy.

### **Victorian Aboriginal Community Controlled Health Organisation (VACCHO)**

03 9411 9411 • [www.vaccho.org.au](http://www.vaccho.org.au)

Peak body for the health and wellbeing of Aboriginal people living in Victoria

### **Youth Support Advocacy Service (YSAS)**

03 9415 8881 • [www.ysas.org.au](http://www.ysas.org.au)

Support for young people affected by, or at risk of being affected by, alcohol, drugs, mental health issues and social disconnection.

### **Medically Supervised Injecting Room**

(03) 9418 9811 • [www.nrhc.com.au](http://www.nrhc.com.au)

North Richmond Community Health  
23 Lennox St, Richmond, VIC 3121

A medically supervised injecting room is a safe and hygienic place where people can inject drugs in a supervised health setting. It's also a place to access other health services like mental health support, drug treatment, wound care and blood testing.