Here are some services that can be useful for people that are seeking help with alcohol and wellbeing concerns.

**Services**

- **Yarning about AIMhi NT**
  - For more information see these pamphlets or visit www.mhfa.com.au/cms/ or www.menzies.edu.au/AIMHI

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**Your Wellbeing**

You can take for help with alcohol and other drug worries.

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**Referral in the Hospital**

- **AOD services**
  - P: (08) 8922 8399 F: (08) 8922 8403
  - E: tads@nt.gov.au
- **Mental Health**
  - P: (08) 8922 8888 (via switch)
- **Domestic violence**
  - P: (08) 8924 8344
- **Aboriginal Liaison Officer**
  - P: (08) 8922 8888 (via switch)

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**4 Steps**

1. **Talk about wellbeing**
   - Share your alcohol or other drug worries with doctors or nurses while you are in hospital.

2. **Information**
   - Say yes to information about alcohol and other drug health risks so you can know the facts.

3. **Motivation**
   - Spend a few moments with hospital staff planning for a change - to help you get started.

4. **Referral**
   - Take the opportunity to be linked with hospital or outside services for help with staying well.

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**This pamphlet is for you to keep**

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**Yarning about Alcohol**

- **Services**
  - [List of services provided]

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**Yarning about**

- **Who?** ________
- **When?** ________
- **Where?** ________

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**Brief Yarning about**

3. **Motivation** (part 2)

So thinking about the first thing you would do to make changes for your well being

- What would you actually do? Who could help? When would you do it?

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Getting help for alcohol and other drug worries while you are in hospital makes good sense.
It looks like drinking (or other substance use) might be causing you problems - is that right?

Are you worried about it?

Have you ever thought about drinking/using less?

What would be a good reason for drinking/using less?

Reason: ____________________________  ____________________________  ____________________________

If you were going to make any changes for your wellbeing/drink less what would be the first thing you would do?

Think about how you would go about that. What would you actually do? Who could help? When would you do it?

High Risk Drinking

is more than four standard drinks on one occasion and/or drinking most days each week

(Three full strength beers is more than four standard drinks)

Reasons other people have given are:

- less family worry
- better health
- fewer hangovers
- better concentration
- less anger and fighting
- more money for food
- kids better looked after
- and feel happier

Tips for Change

that others have talked about are:

- delay/start later in the day
- avoid triggers such as people and places and ‘gear’
- do other things/hang out with other people
- get help from friends and family
- do other things: sport, exercise, going out bush
- hang out with other people, go different places

Safe drinking

- No more than this each day
- No more than this at one session