

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?

What? _____

Who? _____

When? _____

- Now that you have a plan for change - who would you like to see to follow up with those plans? Let's put in an appointment time before you go (GP/AOD service/other)

Who? _____

When? _____

Where? _____

4. Referral

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)

For more information see these pamphlets or visit www.mhfa.com.au/cms/ or www.menzies.edu.au/AIMHI



Brief Yarning about Staying Well

4 steps

you can take for help with alcohol and other drug worries

1. Talk about wellbeing

Share your alcohol or other drug worries with doctors or nurses while you are in hospital.

Getting help for alcohol and other drug worries while you are in hospital makes good sense

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.



This pamphlet is for you to keep

Brief Yarning about

1. Wellbeing

- 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 _____

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



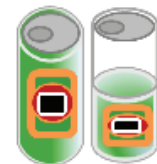
2. Information

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)

Safe drinking



◆ No more than this each day



◆ No more than this at one session

a full strength beer has the alcohol content of one and a half standard drinks

Brief Yarning about

3. Motivation (part 1)

- 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?

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