

Drug & Alcohol Including Addiction Awareness

Factsheet

At 80 Ann Street, we are committed to providing our tenants with a safe and healthy working environment.

Drug & Alcohol Use in Australia

- Alcohol, tobacco and other drugs are a major cause of preventable disease and illness in Australia.
- The social impacts of Alcohol and Other Drugs (AOD) use include criminal activity, domestic violence, poorer mental health and road trauma
- Alcohol is the most commonly used drug in Australia - followed by nicotine, cannabis and ecstasy
- The misuse of alcohol and other drugs has a damaging impact on individuals, families, communities and the workplace



Drugs and alcohol are involved in 20% of workplace accidents, and 10% of workplace fatalities

Addiction

Awareness



- Addiction is often about habit. Even if we can continue to engage in the behaviour despite reaping less reward/more negative consequences
- We can form associations between these addictive behaviours and environmental cues eg. pubs, people, emotions, particular times of the day
- These cues and environments can trigger cravings that keep us coming back for more - so avoiding or reducing the frequency of triggers reduces cravings
- If you, a family member or a colleague are experiencing addiction, 3 tips include

1 in 20 Australians battle addiction or substance abuse

- 1** EDUCATE yourself on AOD & addiction awareness
- 2** Avoid ENABLING behaviours that support the addiction
- 3** Seek PROFESSIONAL support

Where to find help:

- One in four Australians with an alcohol or drug problem seek assistance
- There are a range of support services available for substance abuse or addiction
- The following resources are available:

- ADIS: Alcohol and Drug Information Service 1800 177 833
- Family Drug Support 1300 368 186
- Alcohol Anonymous Australia (website <http://www.aa.org.au/>)
- Lifeline 13 11 14
- Quitline: 13 78 48 www.quitnow.gov.au
- Mensline Australia: 1300 78 99 78 (24hrs)
- Kids Helpline: 1800 55 1800