

Drug Education Session



For Mental Health families, friends & carers

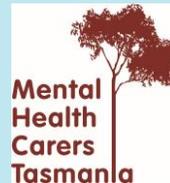
Where: Dorset Community House

3 Cameron Street

Scottsdale

When: Tuesday 6th March 2018

Time: 10am to 12 pm



Mental Health Carers Tasmania in partnership with The Drug Education Network are offering a two hour education session for **family members, unpaid carers, supporters and friends of a person with ill mental health.**

At the end of this session participants should expect to have gained more understanding of drugs, drivers of drug misuse, how do mental ill health and drug use intersect, harm reduction, what self-care looks like and how to effectively access support for loved ones who need counselling or rehabilitation services.

Register on-line

by Wednesday 28th
February 2018

Contact Vicki if you are unable to
register on-line

Placements are limited to 15 participants and first preference is given to Mental Health Carers.

There may be placements for students, volunteers and paid employees of organisations/businesses for a subsidised fee of \$10 (see registration form for more details)

Phone: Vicki on 6228 7448

Email:

admin@mentalhealthcarerstas.org.au

**Our office hours are Monday to
Thursday
9am to 3pm**

*The session will run over 2 hours and
cover the following topics:*

- What are drugs? (including legal and illegal)
- Why does drug misuse happen?
- Drug use and mental ill-health – what are the connections?
- What are the harms and how can we reduce them?
- What is polydrug use and what do we need to know? (including medications and drugs)
- Alcohol is a drug – what does safer drinking look like?
- What about smoking and its impacts on health?
- Self-medication and Self-care what works best?
- What support: counselling and rehabilitation services are available?
- Suggested conversations for accessing support services.
- Resources and information will be provided for each participant

MORNING TEA WILL BE SUPPLIED