

Does meth affect your life?

The Meth Help Tool will help you reflect on the impact that meth has on your life and give you information and advice on how to make some changes. You can learn how to reduce your use, seek help, or find out how to assist someone you care about.



Real Life Stories



Safer Use



Self-Help
Strategies



How to
get help

If meth is affecting you or someone you care about go to the Meth Help Tool at drugaware.com.au/methhelptool

To talk to a professional counsellor now, call the Alcohol and Drug Support Line on **(08) 9442 5000** or **1800 198 024** (country callers).

