



# Drug education: Who can help?

## School Fact Sheet

### Drug use issues are complex

Drug use is complex and the issues and consequences that surround it can be confusing and may seem difficult to manage. Problems with drug use on any level should be treated like any other health related issue. This means that it is important to know where to seek help in order to access appropriate support to make sure the concerns can be addressed and help given where it is needed most.

### What schools can do

For schools, it is important to have whole-school drug education plans (referred to in SDERA resources as School Drug Education Guidelines) including clearly documented procedures for incident management and intervention support. Having these in place and known by all staff works to ensure a consistent and thorough process is followed should any student drug use issue emerge. These procedures are protective of both staff members and students.

Following these procedures ensures that a school's response to a drug related incident or issue, while having appropriate consequences, does not isolate or marginalise a student who may already be struggling. Rather these provide a clear direction that can assist the student to address the issue through appropriate support both in the school and through referral, where required, by appropriate staff to relevant community based services. (If your school does not have guidelines or procedures in place, concerns around drug use issues should be referred to your Principal or appropriate administration member.)

SDERA can help you to develop whole-school drug education plans. Contact SDERA or refer to our Getting it Together resource which was sent to all schools in 2010.

### Contact SDERA

T: (08) 9402 6415  
F: (08) 9402 6399  
W: [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)  
E: [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au)

### Community based support services

There are a great number of community services and agencies that can offer help to those concerned about their own or someone else's drug use. Whether you want information, guidance or help with a referral for counselling support, getting help starts either with speaking to the right person within your school and/or making contact with professional support services.

Community based support services are listed in the Connect directory on the SDERA website.

### For more information

For information on resources and support services in your area that can help if you think your child may have a drug use issue, call the Alcohol and Drug Support Line or your local Community Alcohol and Drug Service or talk with your doctor. Click on the Who can help? tab on the SDERA website for contact details and options.

### Parent and Family Drug Support Line

T: (08) 9442 5050  
T: 1800 653 203 (country callers)  
E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Alcohol and Drug Support Line

T: (08) 9442 5000  
T: 1800 198 024 (country callers)  
E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### Meth Helpline

(24/7 free & confidential, counselling and referral)  
T: 1800 874 878  
E: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)  
W: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)

### Where to go for help

If you need help for your own or someone else's drug use, information about support services is provided on the SDERA website under the Who can help? Tab and in the Connect directory which can be found in the Resources section. Support services are bound by confidentiality.

