



ICE

GET THE FACTS, DEVELOP
STRATEGIES & FIND OUT WHERE
TO ACCESS HELP & SUPPORT

BREAKTHROUGH — an initiative of the Victorian Government's Ice Action Plan

BreakThrough has been developed to educate the community and families across the state. The aim is to provide strategies to help manage the challenging behaviours around the use of the drug "ICE".

BreakThrough provides information on:

- » Different types of drug use & why people use drugs
- » The effects of "Ice" & other drugs on the central nervous system
- » The impact of drug use on both mental and physical health
- » How to have a conversation with someone about their drug use
- » How to respond to challenging behaviours associated with drug use
- » The importance of self-care for family members
- » A safety plan for family members
- » Alcohol and Drug treatment services in Victoria
- » Other professional and support services available

For more information or to register for an upcoming BreakThrough education session go to: www.breakthroughforfamilies.com
or call: Family Drug Helpline 1300 660 068 (9am to 5pm)
or Ice Advice line: 1800 423 238

Where: Melton Youth Services 193 Barries Rd Melton
When: Thursday 11th & Thursday 18th May from 6 to 8 pm
"with the support of Djerriwarrh Health Services
Family Drug Support Program"



There is no cost to participants as program is State Government funded

