

Drug and Alcohol Abuse

"Feeling angry and frustrated, went out and got charged up, ran-a-muck with my brothas and got locked up by monarch."

"I feel really winyarn but I gotta keep my head together. I think about seeing my little sis grow up. I gotta take care of her."

"Had a yarn with my Uncle about how to handle my anger. He's been there before and knows how I feel."

"Mum and Dad got charged up last night, they started fighting and smashed the house up."

Family Problems



Relationship Breakdown

"I think my girlfriend is messin around with another bloke. I don't know what to do... I feel so wild!"

"Went home and had a yarn with my brother he helped me work things out."

"My mob's in there they'll look after me, they say the Aboriginal worker's are deadly, maybe they can help me keep out of trouble."

"Keep gettin in trouble with the cops, I'll be goin lockup soon... I miss my mob... I don't know how to get out of this mess."

Problems with the Law

"I had a talk with my Uncle and Aunty, they want me to look after myself, it feels good being there."

Winyarn?



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"My cousin died in a car crash, I've been feeling no good for long time."

Death of
Someone
Close

Artwork & Design By: Chad Creighton

If you are thinking about hurting yourself, no shame, ring these 24 hour services for help:

- KIDS Helpline 1800 551 800
- CRISIS CARE 9223 1111
- LIFELINE 13 11 14

If you have hurt yourself, no shame, go to the closest hospital:

- 15 years & under - Princess Margaret Hospital
- Over 15 years - Royal Perth (city); Fremantle; Sir Charles Gairdner Hospital (Nedlands); Swan Districts Hospital (Middle Swan)

Feeling
Winyarn?
Get
Support!

To talk with someone who will listen:

- Yorgum Aboriginal Family Counselling Service* 9218 9477
- Youthlink* & Youth Reach South 1300 362 569
- Youth Focus 9361 4222

If you want to get off the alcohol or the gear:

- Next Step Youth Services* 9219 1866
- Aboriginal Alcohol & Drug Service* 9221 1411

If Homeless:

- Salvocare Line 9227 8655
- Talk to the people at the Step One Mobile Van (Inner City area) 0418 942 475



* All these services have Aboriginal Counsellors

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Feeling



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Mental Health Problems

"I'm feeling no good, hearing voices, my mind's playing tricks on me, it's hard to keep calm."

"I feel shame but I'll talk to my Aunty, maybe she knows someone who can help me."