

## Tips for staying on track

- Know your triggers for stress, drinking or drug use and what you can do instead.
- Avoid having alcohol or drugs in the house – so you're not tempted.
- Have your 'no thanks' prepared for when you're offered a drink or drugs.
- Ask your friends and family to support you.
- Join a gym, start a hobby or do some study to give you a new focus.
- Avoid situations or people that may cause you to drink or use drugs.
- Be kind to yourself and celebrate your progress.

- You don't have to do this alone
- We're here to help
- Watch out for your mates



**ARE YOU  
OKAY?**

**THERE'S  
PLENTY OF  
SUPPORT  
AVAILABLE**

[www.whataboutu.co.nz](http://www.whataboutu.co.nz)

## Signs you might need help

- Feeling anxious, down or overwhelmed.
- Drinking too much or using drugs.
- Lying about drinking or drug use.
- Being less social than usual.
- Not keeping on top of tasks at home, work or school.
- Past attempts to stop drinking or drug use haven't worked.
- Health issues that could be caused by drinking or drugs.
- Mood swings (often linked to alcohol and drug use).
- Losing interest in activities you once found enjoyable.

IT'S OKAY TO REACH  
OUT FOR SUPPORT.

If some of these  
signs sound familiar,  
it's time to make  
a change.

## WE CAN HELP!

### Medical centre

Talk to your doctor or practice nurse.

### Local addiction & wellness services

**Pathways:** Phone 06 370 6102  
Email [wairarapa@pathways.co.nz](mailto:wairarapa@pathways.co.nz)

### Te Hauora Runanga:

Phone 0800 666 744  
Email [throwinc@tehauora.org.nz](mailto:throwinc@tehauora.org.nz)

### Phone and online support

#### Depression Helpline:

Phone 0800 111 757  
[www.depression.org.nz](http://www.depression.org.nz)

#### Youth online support:

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

#### Alcohol & Drug Helpline:

Phone 0800 787 797  
[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

#### Gambling Helpline:

Phone 0800 654 655