



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



Family members of people who are addicted to methamphetamine (ice) can feel isolated, alone and uninformed. *BreakThrough: Ice education for families* is a free community education program for people who want to improve relationships with drug-using loved ones. It covers facts about ice, its effects on the brain and body and strategies families can use for discussing drug use with loved ones, understanding personal roles in family dynamics, developing boundaries and safety plans/responding to challenging situations and accessing support for the whole family.

Family members who attend *BreakThrough* report the program provides a sense of hope, and increases confidence when dealing with a loved one's ice use. More than 95% of participants rate overall satisfaction with BreakThrough as high or very high, and 98% would recommend the program to others with similar concerns.

Health professionals, particularly those outside the AOD sector, also find it a valuable learning opportunity to gain a better understanding of the family perspective.

***"I feel more informed and in a better position to deal with the current situation"*** - *BreakThrough* participant, 2017

A BreakThrough session will be hosted across two nights by Turning Point on:

**Tuesday 17<sup>th</sup> & 24<sup>th</sup> July, 2018**

**6:00 – 8:00pm**

**Turning Point (Eastern Health), 110 Church Street, Richmond**

The session is free, but bookings are essential.

To register, visit <https://www.breakthroughforfamilies.com/attend>

or call Family Drug Helpline on 1800 660 068

If you someone you know is concerned about an alcohol or drug problem, please contact:

1800 ICE ADVICE - 1800 423 238

Direct Line - 1800 888 236

Family Drug Help - 1300 660 068

If you or someone you know is experiencing a mental health crisis, please contact:

LifeLine - 13 11 14

More information is available at: [www.breakthroughforfamilies.com](http://www.breakthroughforfamilies.com) or by calling 8413 8513.