



# good mates

look after each other

Good mates give support, understanding and friendship.

If you think your mate may be

- having difficulty managing without using drugs
- becoming isolated, unwell or freaking out, and
- taking risks they normally wouldn't

You can support your mate by

- getting professional advice for them and yourself by calling the Alcohol and Drug Information Service on 02 9361 8000
- not letting anger or judgement get in the way, and
- being there for them...



[www.acon.org.au](http://www.acon.org.au)  
02 9206 2000

...it's what we do.