

Accessing help for parents

Having accurate information and advice about alcohol issues is important for parents.

The following suggested websites provide information such as facts about alcohol, information for parents and links to other websites.

- **Parents and the Community**
<http://www.schools.nsw.edu.au/learning/yrk12focusareas/druged/community.php>
- **Introduction to drugs and their effects**
<http://www.druginfo.adf.org.au/>
Answers some common questions about drugs including, information about how drugs are classified, how they affect a person and problems they can cause.
- **Common questions parents ask about drugs**
www.druginfo.adf.org.au
Aims to clarify common questions asked by parents relating to drugs.
- **The NSW Office of Drug and Alcohol Policy**
Provides information on drugs, programs and NSW Government initiatives.

There is also a range of local and international sites.

- **Drug Information @ Your Local Library**
<http://www.druginfo.sl.nsw.gov.au/>
Provides information about drug information books and resources available at local libraries and on the internet.

It is equally important to be able to talk openly with your child and to know where to go to get help if you are worried about them. If you want to talk to someone about a specific alcohol or drug problem, contact:

Alcohol and Drug Information Service (ADIS)

24 hours, 7 days

ADIS is a service for parents of children and young people with drug and alcohol issues.

Telephone: 02 9361 8000 for people living in Sydney

1800 422 599 for country callers

Family Drug Support

FDS provides telephone support to families with complex drug issues.

Telephone: 1300 368 186 (9:30am to 4:00pm, Monday to Friday)



Parent Line

Parent Line is a telephone help line for all parents of children 0 to 18 years of age living in NSW.

Telephone: 13 20 55 (9:00am to 4:30pm, Monday to Saturday)

Aboriginal Medical Service

Ask the Aboriginal education assistant where available or a person responsible for Aboriginal education at your child's school for details.

Drug and Alcohol Multicultural Education Centre (DAMEC)

Telephone: 02 9699 3552