

# Strong spirit strong mind: Aboriginal ways to reduce harm from alcohol and other drugs resources (2008)



**Type:** Resource package

## Description:

This resource package provides Indigenous specific resources including a DVD and gender specific brochures about alcohol use. There are 13 brochures and one DVD in the resource package with the titles:

- Strong babies
- Mixing drugs is dangerous
- Injecting drug users - never share
- Strong spirit strong mind - gunja
- Gunja - simple
- Speed
- Making sense and supporting change: a guide for our people (A5 yellow booklet)
- Making changes
- What our women need to know about alcohol
- What our men need to know about alcohol
- What our people need to know about alcohol (DVD)
- Reducing risk
- Understanding hepatitis C. What our people need to know
- Taking care: a guide to managing hepatitis C

The brochures use a simple design with a minimum of words and plenty of colourful pictures to get across the messages they are promoting.

The DVD covers many issues relating to alcohol use including the introduction of alcohol, the new alcohol guidelines and the impact of hazardous and harmful alcohol use.

## When to use this resource:

These brochures would be useful for giving to community members to help raise awareness of the issues of alcohol and drug use. They can also be used to generate discussions on the subjects with small or large groups of people.

The DVD provides useful background information for the Worker. Some sections of it could be used in group discussions to raise awareness of the effects of harmful use of alcohol and to discuss ways of preventing the potential effects.

## Producer:

Drug and Alcohol Office (WA)

## To order copies of this resource

Currently available for distribution only within WA

Drug and Alcohol Office (WA)

Ph: 1300 518 963

Online order form: [www.health.wa.gov.au/ordering](http://www.health.wa.gov.au/ordering)

## View website:

Drug and Alcohol Office

<http://www.dao.health.wa.gov.au>

