



My Alcohol and Drug ASSIST-Lite

Feedback Pamphlet

This pamphlet links to the eASSIST-Lite which will take 3-5 minutes to complete and will help you to identify any risk of alcohol or drug-related harm.

The pamphlet includes information on potential risks and harms of your current alcohol and / or drug use. It will provide ideas to help you stay safe, reduce your risk and where to go for help.

Scan to complete
eASSIST-Lite screening tool



ASSIST-Lite Scoring System

Risk level of alcohol-related harm:

Low risk
Score of 0-1

Moderate risk
Score of 2

Risk level of drug related harm:

Low risk
Score of 0

Moderate risk
Score of 1-2

Low risk of harm

Moderate risk of harm

You are at low risk of health and other problems from your current pattern of use.

If continuing to use alcohol and/or drugs you can reduce your risk by:

- Making transport plans so you don't drive after using.
- Avoiding mixing different substances (including alcohol).
- Using clean injecting equipment.

You are at risk of health and other problems from your current pattern of use.

Potential harms include:

- Mood swings, anxiety and depression
- Difficulty concentrating
- Injury to self or others
- Aggression and violence

Benefits of reducing use...

Improves health / Reduces health risks:

- Reduces the risk of a range of physical and mental health problems, including the risk of overdose.
- Clearer thinking – helping with better decision-making, improved sleep, improved mood and overall wellbeing.

Improves personal relationships, lifestyle and work:

- Improved self-esteem and confidence to find new opportunities for improved social and mental wellbeing.
- May improve family life, and relationships with partner, children and extended family/relatives
- May help save money, improve work performance and satisfaction.

**High risk
Score of 3+**

**High risk
Score of 3+**

High risk of harm

You are at high risk of experiencing problems (health, social, financial, legal, relationship) as a result of your current pattern of use and are likely to be dependent.

Potential harms include:

- Physical and mental health problems
- Dependence and accidental overdose
- Money and/or legal problems
- Relationship problems
- All medium risk harms

Caution

Seek medical advice from your GP before making any changes to your pattern of use because of the risk of complications from withdrawal.

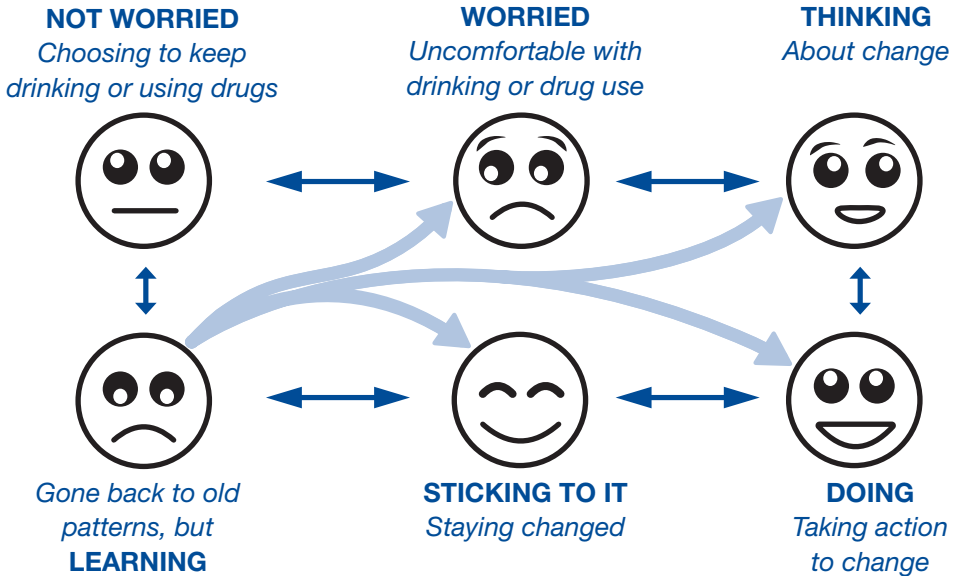
The safest choice is not to drink or take drugs if you are pregnant, planning a pregnancy, or breastfeeding.

For more information on breastfeeding and alcohol see:

www.breastfeeding.asn.org or download the free Feed Safe App via the App Store or Google play: **<http://www.feedsafe.net/>**



What stage of change are you at?



On a scale from 1-10...

How worried are you about your use now?

1 2 3 4 5 6 7 8 9 10
Not at all worried *Very worried*

How important is it for you to make changes to your use now?

1 2 3 4 5 6 7 8 9 10
Not important *Very important*

What one thing you would do to reduce your risk?

How to stay safe

- Try to set limits on how much alcohol you will drink or how much of a drug you will take.
- Drink alcohol or use drugs around people you trust and in a safe place.
- If you haven't used for a while or are unsure about purity try a small amount first.
- Access: find WA needle and syringe programs and other health services
- Care: search information on how to take care of your health
- Empowerment: be informed about reducing harms to yourself and others

ACE (Access, Care and Empowerment) is a mobile app for people who inject drugs to help. Download the free ACE app via the App Store or Google play: www.healthywa.wa.gov.au/ace



Drinking alcohol or using drugs

What are the things you like about using?

What are the less positive things about using?

How to lower risk and harms

- If you drink alcohol or use drugs on a regular or daily basis, seek medical advice before cutting back or stopping.
- Cravings are common and uncomfortable but will pass. If you experience cravings, here are some things you can try:
 - **Delay** – making the decision to drink alcohol or take drugs.
 - **Distract** – yourself by doing something else, like talking to a friend, going for a walk or listening to music.
 - **Deep breathing** – or other relaxation techniques to help you stay calm.
- Make a plan, including reasons for cutting back and people who can support you.
- Get connected with professional support – see “How to get help”.
- Carry naloxone to prevent opioid overdose

People go through different stages when they are making changes. No matter what stage you are at, there are always things you can do to reduce harm to yourself, your family and your community.

To lower my risk I will

My plan:

And if I get wobbly with my goals, I will...

e.g. call a support person

What is a standard drink?

APPROX ONE STANDARD DRINK



LIGHT BEER
425 ml | 2.7% alc/vol



MID STRENGTH BEER
375 ml | 3.5% alc/vol



SPARKLING WINE
100 ml | 13% alc/vol



WINE
100 ml | 13% alc/vol



FULL STRENGTH BEER
285 ml | 4.9% alc/vol



REGULAR CIDER
285 ml | 4.9% alc/vol



FORTIFIED WINE
(e.g. sherry, port)
60 ml | 20% alc/vol



SPIRITS
(e.g. vodka, gin, rum, whiskey)
30 ml | 40% alc/vol

In Australia, a standard drink is any drink containing 10 grams of alcohol. Use these tables to calculate the number of standard drinks you are drinking. These are only an approximate number of standard drinks. Always read the container label for the exact number of standard drinks. For more information, see: www.alcoholthinkagain

How to get help

24-hour confidential telephone counselling, information and referral service:



Alcohol & Drug Support Line

For anyone concerned about their own or another person's alcohol or other drug use

Phone: **9442 5000**

Toll Free: **1800 198 024**



Parent & Family Drug Support Line

For anyone concerned about a loved one's alcohol or other drug use

Phone: **9442 5050**

Toll Free: **1800 653 203**

Contact your local Doctor/GP or Aboriginal Community Controlled Health Service or Community Alcohol and Drug Service (CADS)

Local Contact

Download the free ASSIST-Lite Checkup via the App store or Google Play to monitor use and reassess three monthly.



The Green Book is an online directory of alcohol and other drug services in WA.



