



# Alcohol and drug use can affect any family.

**We're here to help**

**Talk to someone you can trust. Anonymously.**

Knowing what to do and what to say can be hard but there is help available for you as well as for them. It's important to look after yourself.

**adis is available 24 hours, 7 days a week.**

**adis.health.qld.gov.au | ☎ 1800 177 833**  
(free call)

**adis**

**24/7  
ALCOHOL  
AND DRUG  
SUPPORT**

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**Queensland  
Government**