



International Family Drug Support Day 2020 'Support the Family – Improve the Outcome'

Ballarat Community Health (BCH) will host a free community information session that focuses on supporting families and friends of people using drugs on Monday 24 February.

The session will address misinformation in the media and public discourse about drug use and ice in particular. Information will be provided about what ice is, why people use it and why it causes problems for the individual, families and the broader community.

The session will help families to identify if loved ones are using ice and their patterns of drug use. It also provides practical strategies about how to talk to loved ones about their drug use and how families can manage challenging behaviours and look after themselves. Information on where to access additional help and support is provided.

Alcohol and Other Drug Manager Suzanne Powell said "these sessions are powerful resources for families to understand ice and where to access help and support. It can be a very isolating time for families and often behind a cloud of stigma and shame."

When clinicians, politicians and media talk about drug and alcohol issues affecting our communities they often raise the importance of assisting, supporting and engaging more with families.

The session coincides with International Family Drug Support Day. The day first began in 2016- the anniversary of the passing of Damien Trimingham from a drug-related overdose – and has become an annual event to highlight the need for families to not only be recognised and heard but to be supported and encouraged to speak about their concerns and their needs.

The three objectives of the National Day are:

1. Reduce stigma and discrimination for families and drug users
2. Promoting family drug support services for families and friends
3. Promoting harm reduction strategies for families and friends

To register for the free session on Monday visit: <https://www.breakthroughforfamilies.com/>

**Monday 24 February
6.00PM - 9.00PM
Ballarat Community Health
28 Victoria Street Bakery Hill, VIC**

**Media Enquiries:
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Approved by CEO

20 / 2 / 2020