

# HOSTING a PARTY FOR TEENAGERS

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## **FACTORS TO CONSIDER**

# Parties

**THIS BOOKLET IS DESIGNED TO ASSIST PARENTS/CAREGIVERS IN PLANNING AND HOSTING RESPONSIBLE PARTIES WITH TEENAGERS. IT PROVIDES TIPS ABOUT COMMUNICATING WITH TEENAGERS AND FACTORS YOU MIGHT CONSIDER BEFORE ALLOWING TEENAGERS TO HOST A PARTY OR ATTEND PARTIES ELSEWHERE.**

## **TEENAGER'S PARTIES**

For many teenagers, attending parties and meeting friends is an important part of their social development. Parties are an exciting event and can expose teenagers to a range of new experiences relating to music, social experiences and possibly alcohol and other drugs. It is important that teenagers are prepared for what may happen at a party. If well planned, parties can be successful and fun.

- > *Parties are important*
- > *If well planned, parties can be successful and fun*

## **PARENT CONCERNS**

It is natural for parents to feel concerned and uncertain about teenage parties. Parents want their teenagers to have fun, but can be afraid of parties getting out-of-hand. Understandably, parents also fear for the personal safety of their teenagers, and many parents get anxious about doing the right thing. Every family has its own values, communication style and relationships, and therefore, parents and families will often have different expectations and reactions.

- > *Understandable for parents to be concerned*
- > *May fear party will get out of hand*
- > *Every family is different*

## **WHAT DO I DO?**

There is no right or wrong answer. Only you as a parent can decide on what you are comfortable with. However, every party has the potential to get out-of-hand, and whether you are the host or your teenager is a guest, it is important that you talk and plan before the event. It is also necessary for you as a host to understand your legal responsibilities.

- > *Every party has the potential to get out-of-hand*
- > *Essential you plan ahead to avoid any risks*

# Setting THE GROUND RULES

## **GOOD COMMUNICATION IS VITAL**

Adolescence is a complex time for both parents and teenagers. It is a balancing act for parents to ensure the safety of their teenager and, at the same time, provide them with opportunities to grow and take more responsibility.

- > *Parenting is a balancing act*
- > *Provide safety and still give responsibility*

Communication with your teenager is vital during this period particularly because they become exposed to alcohol and other drug use through friends, peers and the media. Although you cannot control these sources of information, open and ongoing communication with your teenager about alcohol and other drugs can provide them with the skills and attitudes to make informed choices.

It is important to establish good communication skills before your children become teenagers. Having trust and respect in your family can make talking through the teenage years easier.

- > *Establish good communication*
- > *Trust and respect is important*

It is normal for teenagers to start challenging their parent's viewpoint over any issue. What their friends think becomes increasingly important, and even though they want and expect you to talk to them about issues, they are just as likely to give you the impression that your ideas are old fashioned or unreasonable. It is common to have more arguments in your household at this time.

- > *It's common for young people to challenge their parents beliefs*
- > *They expect you to talk with them about alcohol and other drugs*

### **BE PATIENT**

Be patient with teenagers. Some teenagers have difficulty expressing themselves and often say things they do not mean. Try not to take what they say personally and avoid engaging in conflict or arguments.

- > *Be patient*
- > *Try not to react*

### **LISTEN**

To encourage them to talk with you about important issues, you need to try and listen without interrupting. Help them to express themselves by showing a genuine interest.

- > *Listen*
- > *Share*
- > *Help them to talk*
- > *Be genuine*

### **HELP TEENAGERS THINK FOR THEMSELVES**

Try not to provide all the answers immediately. Teenagers need to talk through all of the consequences of their actions and try to come to their own decisions.

- > *Talk through consequences*
- > *Help them come to their own decisions*

### **BE A GOOD ROLE MODEL**

You are an important role model and can help your teenager take responsibility for their actions and make informed decisions. Be aware of your behaviour and your own attitude towards drug use as this can have an impact on the way teenagers address their own alcohol and other drug use.

- > *Parents are important role models*
- > *Be aware of your own behaviour and attitudes towards drug use*

If you choose to discuss your own alcohol and/or other drug use with your teenager it is important that you do not glorify your own behaviour and be careful of sounding hypocritical.

- > *Do not glorify your own behaviour*
- > *Be careful not to sound hypocritical*

Share your fears and knowledge about alcohol and other drugs and encourage your teenager to be open with you. Help your teenager develop strategies that will help them deal with situations where they will be offered alcohol and other drugs or put in difficult situations. Talk about some of the problems with drug use, including what can happen if they have too much alcohol.

If you need more information to do this, ask for help, don't make it up (see the "More Information and Contacts" section of this brochure for assistance).

Let them know that if they find themselves in an emergency situation (friend sick, passed out etc) they must call for help, even if they fear getting into trouble. Reassure them that police do not usually attend alcohol or other drug overdoses unless there is a death or ambulance staff are threatened.

- > *Develop strategies with your teenager that will help them deal with difficult situations*
- > *Talk about the problems with alcohol and other drug use*
- > *Talk about what to do in an emergency situation*

### **WORK IN COLLABORATION**

When setting boundaries and establishing rules, it is really important to work in collaboration. To do this you need to express the reasons why you came to a particular decision. Allow your teenager the opportunity to talk about the family's rules and how they affect them.

Your teenager is more likely to adhere to the rules if they are consulted. Explain how and why your family rules apply and that you will not be influenced by pleas of "...but Jenny's mum lets her" etc. You may find it useful to document your family's rules in the form of a contract and have yourself and your teenager agree in writing to these rules.

- > *Work in collaboration*
- > *Express your reasons*
- > *Consult your teenager*
- > *Explain how and why your family values apply*
- > *Consider documenting your family's rules*

### **KEEP YOURSELF INFORMED**

Keep yourself informed about alcohol and other drugs. Teenagers are often misinformed about alcohol and other drugs and you can play an important role in ensuring they know the facts and consequences of alcohol and other drug use. Don't exaggerate as this can make you sound less credible, instead keep to the facts.

- > *Be up-to-date on alcohol and other drug information*
- > *Share this with your teenager*
- > *Correct any misconceptions they have about alcohol or other drugs*

### **ALCOHOL AND OTHER DRUG EXPERIMENTATION**

Most teenagers are very responsible and don't want to cause any problems. However, parties can provide an opportunity for teenagers to experiment with alcohol and other drugs.

Alcohol is most likely to be the main drug used at parties, but as a parent, you may need to consider other types of drugs potentially being used such as cannabis, amphetamines, and party drugs like ecstasy.

- > *Parties can be a venue for teenagers to experiment with alcohol and other drugs*
- > *Alcohol is likely to be the main drug used at parties*

Both legal and illegal drugs can lead to harm, but the most harm associated with drug use that happens at parties is linked to alcohol use.

- > *Legal and illegal drugs can lead to harm*

Taking drugs including alcohol can be dangerous - especially for the first time, so as a parent, try and acquaint yourself with the commonly used drugs and talk them over with your teenager. Call the Parent Drug Information Service for help in finding out about these drugs and their effects.

- > *Alcohol can be harmful*
- > *Call the Parent Drug Information Service on 9442 5050 or 1800 653 203 (country callers)*

### **IF YOU SUSPECT DRUG USE**

Talk about your concerns with a counsellor, GP or another parent from the Parent Drug Information Service.

- > *If you have concerns, call the Parent Drug Information Service on 9442 5050 or 1800 653 203 (country callers)*



### **PLANNING A PARTY**

Parties are normally organised to celebrate a birthday, end of exams, school balls or just as a gathering. Any party has the potential to get out-of-hand but by planning ahead you can limit the chance of this happening. Below are some tips that could help in creating a safe and fun party environment.

- > *Parties are a celebration*
- > *Plan ahead*

### **DISCUSS EXPECTATIONS WITH YOUR TEENAGER**

Discuss with your teenager how they expect the party to run and aim to set some rules.

- > *Discuss your and your teenager's expectations*

### **RULES**

Rules will need to be set in relation to alcohol, supervision, number of guests, age and maturity of guests, starting and finishing times, transport, sleep overs and what should happen if things get out-of-hand. Remember that whilst compromise may be needed, do not agree to anything you are not fully comfortable with. Talk it through with other parents to find out their own experiences with parties.

- > *Don't agree to anything you are not comfortable with*
- > *Agree on rules and promote these rules up front*

It is common for teenagers to become defensive and hostile at this point and accuse you of wanting to stop the fun or feel that you don't trust them. Be calm and try not to enter into the argument. Listen and remain firm that rules of the party must be established.

- > *Stay calm and don't enter into arguments*
- > *Remain firm about rules*

### **ADULT SUPERVISION**

Teenagers like to feel trusted and like their friends witnessing your trust. It may be important to them that you remain invisible at their party. If so, tell your teenager that you WILL be around but not "in their faces" so that you are available if needed. Even older teenagers may be met with situations they are not able to cope with, for example, gatecrashers or highly intoxicated guests who become aggressive or very ill.

- > *Tell your teenager you will be around but not "in their faces" so that you are available if needed*
- > *Adult supervision is necessary*

You are the host and responsible for the wellbeing of the guests. If a party is held in your home for people under the age of 18 you will be considered responsible and potentially liable for any outcomes during and after the party, including your guests getting home safely.

- > *You are responsible as a host*

### **MUSIC AND NOISE**

Most teenagers want to listen to music loud but you need to be considerate of your neighbours. Agree with your teenager on a moderate level of noise that will reduce in volume after midnight (a good time to end the party).

- > *Agree on a moderate level of noise*

Tell your neighbours you are having a party.

- > *Tell neighbours*

If the Police receive a complaint, they can take whatever action is necessary to stop the disturbance, including prosecution of the host.

- > *Police can take action regarding noise*

### **INFORMING OTHER PARENTS**

You may consider informing other parents of the party through invitations. Encourage parents that if they have any queries about the event, to contact you.

- > *Inform other parents by sending out formal invitations*
- > *Encourage parents to contact you*

For younger teenagers, telephoning every parent is also a good idea (and may be something you have negotiated with your teenager). Most parents appreciate this form of contact.

- > *Telephone parents*
- > *Parents appreciate this*

## **VENUE**

Make sure your venue is appropriate for the number of guests invited. Keep the party in a safe, contained area.

- > *Appropriate venue*
- > *Keep venue contained*

Don't use glass. Plastic containers and cups are preferable.

- > *No glass*

Lock rooms you don't want anybody entering. Put away valuables.

- > *Lock rooms*
- > *Put valuables away*

Consider parking and be aware of bus and train timetables.

- > *Parking options*
- > *Public transport*

## **FOOD**

Always have food and bring it out early and throughout the party! Whether it is nibbles or a feast, ensure there's plenty of it.

- > *Bring food out early and throughout the party*
- > *Have lots of food*

## **EXPECT SURPRISES**

Even the well-managed party can have a few surprises. Expect things to go wrong and plan ahead. If you know in advance how you will respond to problems then you will be better able to manage them if they arise.

- > *Plan ahead for any problems that may occur*

## **GATE CRASHERS**

Most teenagers hear that 'a party is happening' and everyone may know about it before the end of the day.

- > *News travels fast*

Unexpected people turning up at the party is a serious issue. To prevent 'gatecrashers' use the following ideas to plan ahead:

- *Use INVITATIONS and write the names of the people invited. Ask for an RSVP. Keep a list of these people at the entrance to the party and tick off their names.*
- *Keep the guest list small.*
- *Locate the party away from high traffic areas.*
- *Organise guests to be picked up and transported to and from the party.*
- *Have reliable adults at the door (and your teenager who knows what their friends look like).*
- *Have one entrance to the party and consider locking side gates etc.*
- *Have Police phone numbers on hand for a quick response if gatecrashers do take over.*

## **REGISTERING YOUR PARTY WITH POLICE**

You can obtain a party registration form from your local police station or download a form from the websites:

- [www.police.wa.gov.au/whatsnew/pdf/party\\_safe\\_web.pdf](http://www.police.wa.gov.au/whatsnew/pdf/party_safe_web.pdf)
- [www.dao.health.wa.gov.au](http://www.dao.health.wa.gov.au)
- [www.enoughisenough.com.au](http://www.enoughisenough.com.au)

Complete the registration form and drop it into your local police station at least 1 week before the party.

**DIAL 000 FOR LIFE THREATENING EMERGENCIES  
FOR POLICE ATTENDANCE: 131 444**

- > *Use invitations*
- > *RSVP*
- > *Keep the list small*
- > *Register your party with the Police*
- > *Locate the party away from busy areas*
- > *Transport*
- > *Adults at door*
- > *One entrance to party*
- > *Have Police phone numbers on hand*
- > *Ensure Police can get to your house*

Be aware of party information being distributed by text messaging, internet or word of mouth.

- > *Be aware of advertising. This can be discouraged by promoting that only invited guests will be allowed to enter*

Discourage an 'open house' impression and the attendance of 'friends-of-friends'.

- > *Discourage 'open house'*

If you are having a big party then you may want to ask other adults you trust to help you or consider hiring crowd controllers.

- > *Ask other adults to help you*
- > *Consider hiring crowd controllers*

***SHOULD I ALLOW ALCOHOL AT THE PARTY?***

In Western Australia, as a parent or host of a party for under 18-year-olds, you have a 'duty-of-care' and **are considered liable** for any outcomes during and after the party, including your guests getting home safely. This means that if anything goes wrong and you have not taken care to prevent problems, civil legal action could be taken against you.

- > *As a parent you have a duty-of-care*
- > *Parents/hosts can be considered liable*

It is extremely important to remember that if you are supplying alcohol, there may be severe repercussions for you should a young person become sick or injured, particularly if their parent had not given permission or was not aware of your intention to provide alcohol.

- > *There could be severe repercussions if you provide alcohol*

An alcohol-free party is the best option. This means that you need to consider what will happen if you refuse entry to people who arrive with alcohol or appear intoxicated. Having all parents' numbers beforehand may assist.

- > *An alcohol-free party is the best option*
- > *Need to consider strategies if people arrive with alcohol or appear drunk*

Have a plan in place to deal with this situation, such as calling the Police if they refuse to leave or asking another adult for assistance.

- > *Have a plan in place*

### **IF YOU DECIDE TO ALLOW ALCOHOL**

When the party includes people over the age of 18, you may decide to allow alcohol at your event. If this is the case and you know younger teenagers will be present then you should consider the following:

- *Inform other parents beforehand, via invitations or by telephoning, that alcohol will be served.*
- *Agree on thorough adult supervision.*
- *Supply the alcohol for the party so you can keep control over what is consumed.*
- *An adult should serve alcohol. If guests bring their own alcohol, ask them to place it in one area so you have more control over serving. Be aware that some people smuggle drinks in bags or in soft drink bottles so you may want to check this as people arrive.*
- *Supervise the bar. Stop serving if a person appears affected by alcohol.*
- *Alternatively, you can wander around the party and serve drinks, which still allows you to have control over the amount of alcohol consumed. Do not top up drinks as it makes it difficult for people to monitor how much they have had.*
- *Offer non-alcoholic drinks. Serve lots of food.*
- *You may want to restrict the amount of alcohol allowed and specify this with your teenager. A glass of wine, champagne or beer with dinner, or limit the amount and time that alcohol will be served. This can work well with pre-ball parties.*
- *Adults supervising the party need to stay sober.*
- *If you choose to serve alcohol, supply drinks that have a lower alcohol content (light beers). Check the labels for standard drink levels.*

- > *Inform other parents*
- > *Insist on supervision*
- > *Adults to serve*
- > *Supervise the bar*
- > *Offer non-alcoholic drinks*
- > *Serve food*
- > *Restrict amount*
- > *Serve alcohol within a limited time*
- > *Stay sober*
- > *Low alcoholic or non-alcoholic alternatives*

### **ALCOHOL & THE LAW IN WESTERN AUSTRALIA**

The laws are different in each State or Territory regarding alcohol use by people under the age of 18.

- > *Laws are different in every State*

### **LICENSED PREMISES**

It is against the law to sell or supply alcohol to people under the age of 18 in WA at a licensed premises.

- > *It's against the law to sell or supply alcohol to under 18 years at a licensed premises*

## **REGULATED PREMISES**

It is an offence to supply or sell alcohol to juveniles at a regulated premises. Examples of regulated premises are reservations adjoining the road, a vehicle on or adjacent to the road, footpaths, parks, local halls or any area that is adjacent to a licensed premises, any building or covered enclosure that is hired out to the public, or any premises occupied by a club where a licence is not held. If you have a party at your private residence then this is not considered a regulated premises.

However, if you charge people for entry to cover such things as catering or entertainment, even though you may not be charging for the alcohol, you would be unlawfully dealing in liquor and be liable for prosecution. Each individual offence carries a maximum fine of \$10,000. You need to apply for an Occasional Licence through the Department of Racing, Gaming and Liquor (see "More Information and Contacts" section at the end of this brochure for contact details) to do the above and not be unlawfully dealing in liquor.

- > *It is an offence to allow persons under the age of 18 to consume liquor on regulated premises*
- > *You may need to apply for an Occasional Licence through the Department of Racing, Gaming and Liquor*
- > *If you charge an entry fee and supply alcohol without an Occasional Licence, you are deemed to be unlawfully dealing in liquor and are liable for prosecution. Maximum \$10,000 fine for each individual offence*

According to the Liquor Licensing Act 1988, any person who sells, supplies or permits the sale, supply or consumption of alcohol by a person under the age of 18 on a regulated premises commits an offence.

- > *Selling or supplying alcohol to a person under 18 on a regulated premises is against the law*
- > *Permitting the consumption of alcohol by persons under the age of 18 on regulated premises is an offence*
- > *Persons under the age of 18 who consume liquor on a regulated premises also commit an offence*

In WA, a person who drinks on any road in the metropolitan area or in any town commits an offence. It is also an offence to drink alcohol in any reserve or park without permission by the authority or person who has control of the place.

- > *It is an offence to drink alcohol in any street/road, reserve or park*

## **DRUNK AND UNWELL TEENAGERS**

If you have concerns about a young person drinking, speak to them in a low voice away from the crowd. Try to make sure they do not have any more alcohol. If they are under 18, do not hesitate to call their parents to come and collect them. As you are the host and as such are responsible for them, you have a duty-of-care and may be considered liable for their safety.

- > *Intoxication – You have a duty-of-care*

Alcohol is a poisonous drug, and people can overdose and die from too much alcohol. Teenagers usually have a low tolerance to alcohol and do not have much experience with drinking alcohol. As such they are vulnerable to intoxication.

- > *Be aware of the alcohol content of different drinks and avoid mixing drinks*
- > *Teenagers usually have low tolerance to alcohol*

Sometimes teenagers experiment with more than one type of drug, this is termed polydrug use, and there is a greater risk of harm when two or more drugs are mixed at any one time. For example, combining alcohol and benzodiazepines (valium, serapax etc) can fatally depress heart rate and breathing.

> *Polydrug use is a possibility and can be very dangerous*

Keep a close eye on people during the party. If a teenager is showing signs of intoxication, passing out or being sick, it might be more than just a “few drinks”.

> *Keep watch*

> *Look out for teenagers mixing drugs*

If you see any symptoms of extreme intoxication or ‘passing out’ don’t panic and put them in the recovery position. Monitor ABCs (airways, breathing and pulse). Call an ambulance and explain what you think has happened including any drug use you are aware of. Stay with them until the ambulance arrives. Police do not usually attend overdoses unless there is a death or ambulance staff are threatened.

> *Call an ambulance ‘000’*

> *Monitor ABCs*

> *Stay with them until an ambulance arrives*

Know First Aid or resuscitation or have someone on hand that does.

> *Know First Aid*

### **DAMAGE TO PROPERTY OR VIOLENCE**

**ANY FORM OF VIOLENCE IS UNACCEPTABLE. IF THINGS GET OUT OF HAND, CONTACT YOUR LOCAL POLICE.**

> *Call Police 131 444*

### **A SAFE ENDING**

Your responsibility as a host includes a safe ending for getting people home. Consider the following:

- *Organising a bus and responsible driver may ensure guests leave safely at a designated time.*
- *If you live in a town where there are no taxis, or if you prefer, arranging a sleep over can work well. Some parents decide to have different sleeping areas for males and females. Don’t forget to provide breakfast.*
- *Try to prevent guests from walking out with alcohol in their hand.*
- *Be aware that many teenagers take risks and that drink driving may be an issue. You might need to arrange taxis or encourage people to stay the night.*
- *Don’t allow young guests to leave the party alone or without someone responsible that they know to accompany them.*
- *Offer to take them home or arrange a taxi.*

> *Getting people home safely is important*

> *Designated finish time*

> *Sleepover*

> *Bus*

> *Taxis*

> *Ensure teenagers leave with someone responsible that they know*

> *Offer to take them home*

> *Be aware of drink driving*

> *Try not to let young people leave the party alone*

# ATTENDING a PARTY

## **WHAT CAN I DO?**

Be interested! This is possibly a very important event for them.

- > *Be interested*

## **BE CLEAR**

Be clear about what information you need from them in order to make an informed decision about attending a party. Don't be pressured into agreeing to a party. Take your time.

- > *Be clear about what you need to know*
- > *Take your time*
- > *Don't agree to anything you are not comfortable with*

## **SET BOUNDARIES**

Set boundaries. What's OK? Don't be afraid to ask questions. Who will be there? Address? Hosts? Will adults be present? Phone numbers? Who will be going? What time does it start and finish? Will there be alcohol there? How are they getting home?

- > *Set boundaries*
- > *Ask questions*

## **GATHER INFORMATION**

Gaining information is a good way to help you make a decision, and for you and your teenager to decide collaboratively about the relative safety of the party.

- > *Make a decision about the safety of a party together*

## **GIVE YOURSELF TIME**

Give yourself time. You don't have to make a decision immediately. Explain you need time to think and consider the information. Talk your concerns through with them as this will most likely lead to a compromise.

- > *Consider all the facts before making a decision*
- > *Share your concerns*

Ring the hosts of the party and discuss the level of supervision and determine whether alcohol will be served.

- > *Ring the host and ask about supervision and if alcohol will be served*

Remember that most teenagers are very responsible and don't want to harm themselves or others.

- > *Most teenagers are responsible*

## **BE AWARE**

Be aware that tobacco, alcohol and other drugs could be at the party. This does not automatically mean that your teenager is experimenting or that they will even want to.

- > *Be aware that alcohol or other drugs could be at the party*

## **TRUST YOUR TEENAGER**

Trust your teenager to make the right decisions for themselves. Be aware that the ability to deal with situations and make decisions will develop with age. A 13-year-old is not able to make the same decisions as an 18-year-old. Treat your teenager in an age-appropriate way. An 18-year-old will usually know how to behave and may have had experience with alcohol and other drug use at a party. A 13-year-old may be frightened and unsure of what to do.

If a teenager tells you that alcohol and other drugs were at a party they attended, don't reward their honesty by banning all future parties. Talk about which parties will be OK to attend and the standards you will expect from your teenager and the party hosts.

- > *Trust your teenager to make the right decisions*
- > *Ability to deal with situations develops with age*
- > *Talk over which parties are OK to attend and the standards you expect*

Discuss how they will get home. You might want to drop-off and collect your teenager at an arranged time. Teenagers don't want to arrive at parties by themselves so you may like to suggest sharing a lift with someone else.

- > *Discuss how they will get home*

Talk with other parents. What have they arranged?

- > *Talk with other parents*

Set limits with your teenager and negotiate fair consequences if they stretch the boundaries.

- > *Set limits and consequences*

Be flexible. Circumstances can change once your teenager arrives at the party. Encourage them to ring you if necessary.

- > *Some flexibility may be needed*

Talk about safety. Consider emergency cash, telephone numbers, taxi information and calling you if they can't get home. Give them a mobile phone to take with them or find out if they can use a phone at the host's house. Having the means to contact you or an adult they trust in an emergency is really important.

- > *Talk about safety*
- > *Emergency cash*
- > *Taxi*
- > *Mobile phone*
- > *How to contact you in an emergency*

## **REFERENCES**

1. Department of Premier and Cabinet WA & WA Police Crime Prevention and Community Support, *Party Safe*, 2003
2. Australian Drug Foundation: *Hosting Teenager Parties*, 2002

# MORE INFORMATION & CONTACTS

The development of this booklet was a partnership project between the Drug and Alcohol Office, Local Drug Action Groups Inc., the Parent Drug Information Service and Service Groups of Western Australia (2004).

We wish to acknowledge Willetton Local Drug Action Group and the South East Metropolitan Community Drug Service Team for producing the original booklet in 2000.

**PARENT DRUG INFORMATION SERVICE** 9442 5050 or 1800 653 203 (country callers)

*24-hour, confidential, free telephone support, advice and information for parents and families concerned about drug use. Callers can speak to either a professional counsellor or to a trained parent volunteer who has experience of a child using drugs.*

**ALCOHOL AND DRUG INFORMATION SERVICE** 9442 5000 or 1800 198 024 (country callers)

*24-hour, state-wide, confidential telephone service providing information, counselling, advice and referral.*

**POLICE ATTENDANCE** 131 444

**AMBULANCE** 000

**CRISIS CARE** 9223 1111 or 1800 199 008 (country callers)

**DEPARTMENT OF RACING, GAMING AND LIQUOR** 9425 1888 or 1800 634 541 (country callers)

## **YOUR LOCAL CONTACT NUMBERS**

Hospital \_\_\_\_\_

Doctor \_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_