

E MENHDIË JAM WAALRƎC?

Ade waal   ked nj w n  loi arot t n  mi th, yen   t w n gu p raan luui th  n waar c ku/t d  ke t n  nhom lui th  n.

Waalr c t n  gu p lui th  n waar c aye col waalr c gu p p  c (psychoactive drugs). K  k al u b k t n  ye raan tek th  n, y k gu p ku luoi ci j waar c eb n .

Yen   k rilic ku b  luel ye n n b   raan waalr c dh  l al  m n  c m. Kaam w  ric t n  gu p lui th  n t d  ci j al u b  ya c m   waal, kek al u eya b  na  k  t w n latue  kek raan ku aci  kor  m ke c m waal ac n n  p  rde y c.

Ci j/r  r d nj w n  l u b  d er looi t n  k c am t k k th  n:

- thiai gu p t d  w  ric t dun y n n  n-thi n
- G  ric m   th eb n  ku loiloi   k c r  m eb n 
- l u   r  l ye gu p y c
- mu l jam ku r  r wek k c maanydu thok/kuat
- gu p waar c eb n 
- Aci  w c b  w  l c  th  c b  r
- amu l la thukulic, g  t adhukci n t d  ath  k aci  ri k
- ac  y  l wei   r  r p  th y c
-   at lueth
- k  k/g   th kek bol  th.

Yen ker l ap y ba muknhom lon ad  ci j k k eb ne aye rot laac looi t n  k c thii-k r w n  jol lad t y c t d nj ye th   w n r l k  nj y c th  n.

WY    DH  L B  Y N LOOI T  NA Y N ATAK MENHDI    CAM WAALR C?

T n  lon b n gu  k c t n  th  k jam y c eb n , ked nj p  th   jam t n  kek ba kor y k ye     k loi rot ku ye men  g r kuer b   y n ke nyu  th ku koony keek eya.

Na y n ar  m w  l wek menhdu lon ad  kek cam waalr c,   c waal cam eb ne, c  tmen cam ke ye waal ath  m, aci  raan col latue  alu t kek c m waalr c t d  ye tem th  n b  ya k w n b  raan aa j  r.

T NE G R Y  JAM T N  MENHDU AL   CAM WAAL

Kuany th   ku t n  looi wek jam thi n

Yen al u b  r l ap y t ye t n  jam y n t n  menhdu al  j waalr c. G r th   w n  b  menhdu y k ka nh  r ben jam ke y n. Th  c waalr c ye   kek cik them n  c m ku ek  t kek c  y k   gu pden y c al  j c mden. Jam am  th ku p  j apiath t n  ye   kek luel em ne. Na y n ac  pi u ri k t d  j looi keyi tuc gu p, y n ac  d nj jam la  k ku an j kuony t n  kek.

R  m ku gam k k b  t  j k loi rot

R  m k ku n na j d er al  j menhdu   c m waal. Na d nj k  nj k k w n  j  r latue  ke menhdu, d  t kek pi  th b k k k  m ke y n   j  m y c. Guir rot ba p  j ye   ye kek luel ku b  r kek nh  m n  kuer y n nyu  th lon d er y  ku y n aw c t  j b  piath t n  kek. Col menhdu an c y n at u ye t ne t n  kek ku yet  j, y n al u ba dh  l latue  g r t n  k k.

  m u t d  waalr c k k w n  kony kek b k r  r kep  l. Luoi k  k k wedhi . Y n al u eya ba k n  b  looi guir b  n kuony y k n  ago kek   c ye   k n b k aloi t  na kek t d  ke m   thden aci; na j k  l y c c  y k ci n   d k m u t d  waalr c k k t d nj th  n   ay  k rac c  tu l y c.



GÖR KUONNY KU WĒĒT

Acîë yîn arot yětök. Anon ayî guier kôk wênë lëu bî yîn yök ke kuonny puoth arëtic tënë këduön jöör. Yîn alëu eya ba jam tënë akimdu, tëduön kôc Dek Mäu ku Waalrëc looi thîin në Baai alonj cienj tädä:

Aguier Mäu ku Waalrëc Tën Kôc Australia

Wëp: www.adf.org.au

Tiënj Waal-rëc

Wëp: www.drugaware.com.au

LUOI È WĒĒRIC

Na Dunggëliith acië thon duön tuenj në jam, yîn alëu ba yök kuonny abec ye wëër thok tënë kôc luoi wël waaric gäät ku agamlöön/athook ë gëër yic.

Pun: 131 450

THOK LADÖT TËDÄN KAPĪN È WĒL ARĪLIC EBËNË

Na yîn aye mĭnj, tädä nenj pĭenj tädän jam la ruci-ruci ke yĭ yuöp tënë Akut ye cöl (the National Relay Service).

Pun: 1800 555 660

Im: helpdesk@relayservice.com.au

Wëp: www.relayservice.gov.au



TËNË AKUNY

Telepun kuonny wääl ë cöl Meth

24/7 luoi abec ku mony wël, wëët nhom ku jal tuöc

Pun: 1800 874 878

Im: alcoholdrugsupport@mhc.wa.gov.au

Wëp: alcoholdrugsupport.mhc.wa.gov.au

Telepun Kuonny Yë Dëk Mäu ku Waal-rac

Pun: (08) 9442 5000

Pun: 1800 198 024 (acöl baai ebëne)

Im: alcoholdrugsupport@mhc.wa.gov.au

Telepun Kuonny Amĭdhiëth ku Kôc macthok

Yë Cam Waalrëc

Pun: (08) 9442 5050

Pun: 1800 653 203 (acöl baai ebëne)

Im: alcoholdrugsupport@mhc.wa.gov.au

Akut Luoi Dëk Mäu Të Aboriginal ku Cäm ë Wal-rac

Pun: (08) 9221 1411

Im: info@aada.org.au

Wëp: www.aads.org.au

Road Safety and Drug Education Branch

Department of Education

Pun: (08) 9402 6415

Web: www.sdera.wa.edu.au

Im: sdera.co@education.wa.edu.au