

AIM

The Alcohol, Tobacco and other Drugs (ATODS) Prevention Program's vision is to see all Aboriginal and Torres Strait Islanders have the same health prospects for quality and life expectancy as fellow Australians. Where our Indigenous communities become free from the devastating consequences of Alcohol, Tobacco and other Drug abuse. Our Program aims to promote awareness and healthier lifestyle choices.



THE ALCOHOL, TOBACCO AND OTHER DRUGS PREVENTION PROGRAM OFFERS AND PROVIDES AWARENESS INFORMATION AND REFERRAL.

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ALCOHOL, TOBACCO AND OTHER DRUGS PREVENTION PROGRAM



Who cares we care

**Tara Viti
ATODS Awareness Health
Worker**

Servicing Bowen, Proserpine and
Collinsville!

Tobacco



It could cost us our culture

ALCOHOL, TOBACCO AND OTHER DRUGS PREVENTION SERVICE!



About the service:

- Informs people about the health impacts of alcohol, tobacco and drug abuse.
- Delivers activities aimed at reducing/eliminating alcohol, tobacco and drugs.
- Encourages and supports people to avoid uptake.
- Supports people to live a healthier lifestyle and participate in physical activities and nutrition programs .
- Provides social support to people who have made the decision to quit or thinking about quitting substance abuse .
- Referrals to doctors and other health care professionals.
- Provide support in educational workshops/activities within Bowen, Proserpine and Collinsville communities .



Quitting alcohol or drug use may make it easier to care for your family, keep a job, pay the rent, and buy things you need, like clothes and food.. Other positive changes can happen too You may: Have better health.

- Make new friends that aren't involved with drugs or alcohol.
- Have fewer symptoms of mental health problems.
- Improve your relationships with friends and family.
- Be less likely to be around negative people or situations.
- Find other interests and ways to spend your time.

