



DRUG OR ALCOHOL USE

SOUTHERN CROSS HOUSING FACT SHEET

UNDERSTANDING DRUG & ALCOHOL USE

People use drugs for many different reasons but in the long term drugs & alcohol use can be problematic. There is research that says certain drugs can sometimes make existing mental health issues worse. For example, people who experience psychosis and then use cannabis could find their symptoms become more severe.

CAN ILLEGAL DRUGS AFFECT MY TENANCY

Yes, illegal drug use is a breach of your tenancy agreement and your lease could be terminated if you are using or dealing illegal drugs at your property.

PROHIBITED DRUG USE

If you are found to be using or dealing illegal drugs at your property Southern Cross Housing may apply to the NSW Civil and Administrative Tribunal to terminate your tenancy.

Where children are involved, Southern Cross Housing staff have an obligation under the Child Protection ACT (2012) to formally report their concerns for the childrens safety and welfare to the NSW State Government.

HOW DRUGS AFFECT THE BRAIN

Drugs and alcohol change how our brain functions by adjusting the chemical balances in the brain. The short term impacts of drug and alcohol use on your mental health can include; feeling anxious, agitated, moody and you may be more aggressive or paranoid than you used to be.

You might also notice that you can't go to a party without using drugs or alcohol. This can be a sign that you are becoming dependant on a substance.

You may also start to have problems with your family or friends such as getting into arguments and losing friendships. It can also cause issues in other areas of life like school, work and health.





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WILL MY TENANCY BE TERMINATED IF I ASK FOR HELP?

No, Your tenancy will not be affected. If you are planning to cut down or stop your drug use, talk to your Housing Officer for a referral to a Drug & Alcohol service.

Southern Cross Housing understands that addiction recovery can be a difficult journey to start, however if you speak to us early, we can help introduce you to organisations that can help you with recovery programs, group sessions and counselling.

If you choose to participate in a drug or alcohol rehabilitation program and this participation means that you will be absent from your property you can apply to have your rent reduced during the period you are in rehabilitation.

MAKING THE DECISION TO CHANGE YOUR USE

So you think you might want to make some changes to your use? Think carefully about these five questions.

- Why would you want to make this change?
- If you did decide to do it, how might you go about it?
- What are the three best reasons for you to make this change?
- On a scale of zero to ten how important is it for you to make this change?
- Why are you at that number and not a zero?
- So what do you think you will do?

WHAT ARE THE FIRST STEPS TO TAKE WHEN PLANNING TO CUT DOWN?

The first step is always the hardest and asking for help is the best step to take. St Vincent De Paul deliver their Continuing Coordinated Care Program for residents 18 years or older with Alcohol or Drug related issues. CCCP is a free and confidential service that provides intensive support that assists people to engage with treatment services while helping to address other complex needs.

WHO CAN I CALL FOR ASSISTANCE?

If you need further assistance with drug or alcohol abuse, please contact your Housing Officer on 1300 757 885 for referrals to support services.

