

## LAPSE

Often a lapse occurs when things get difficult or there are reminders or triggers for substance use. Put the lapse into perspective - it is not the end of the world - it is one occasion. You can turn this around.

Hang in there; you've done the hardest part. Talk to your PuP therapist about your use or even ring a help line to talk over your next steps.

## HARM MINIMISATION: PLANNING YOUR USE

If you are going to use drugs or drink, then plan your use. Make sure your child is somewhere safe where they can be cared for. We use a harm minimisation approach. Our priority is the safety and wellbeing of you and the children.

If you inject drugs make sure you use clean syringes and know how to access the needle and syringe exchange program. You might also consider contacting a drug and alcohol service if you would like to talk about the different treatment programs available if you do want to cut down or stop using. Your PuP therapist may be able to help you with this.

It is important that you understand the issues involved in learning to control your use to ensure your safety and the safety of those around you.