

HAPPY MARDI GRAS STAY SAFE

ALCOHOL



How to stay safer on alcohol

- Eat before drinking
- Alternate alcoholic drinks with water
- Choose low alcohol content drinks
- Avoid buying collective rounds
- Try to stick to safe alcohol limits
- Have a designated driver
- Have 2 alcohol-free days per week

Thinking about cutting down or getting help?

Other LGBTIQ focused/friendly alcohol & other drugs services:

- ACON
- Stimulant Treatment Program at St Vincent's Hospital
- Rainbow Recovery Club
- Kirkton Road Centre

For a complete list of **LGBTIQ-friendly** alcohol & other drugs services & educational sources go here <http://pivotpoint.org.au>

Need to talk to someone?

Odyssey House Community Services community-based programs are LGBTIQ-friendly & are specifically designed and facilitated by qualified counsellors and psychologists to guide clients through their recovery in a safe and supportive environment.

ODYSSEY HOUSE COMMUNITY SERVICES

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ODYSSEY HOUSE
NEW SOUTH WALES

Community Services