

FIND OUT MORE AT
[HTTPS://CHOOSE-LIFE-NOT-HIGHS.PAGES.DEV](https://choose-life-not-highs.pages.dev)

CHOOSE LIFE NOT HIGHS

**1.2 MILLION
AUSTRALIANS OVER 14
HAVE USED DRUGS AT
LEAST ONCE**



**1 IN 20
AUSTRALIANS SUFFER
FROM ADDICTION OR
SUBSTANCE ABUSE.**



**DRUGS ARE BAD FOR AND
THOSE WHO YOU LOVE;
HERE'S HOW TO **QUIT**.**

1. SEEK PROFESSIONAL HELP
2. JOIN SUPPORT GROUPS
3. DEVELOP A STRONG SUPPORT NETWORK
4. PRACTICE MINDFULNESS AND STRESS MANAGEMENT
5. SET REALISTIC GOALS



**YOU ARE STRONGER THAN THE URGES. CHOOSE
YOUR LIFE, NOT THE HIGHS.**