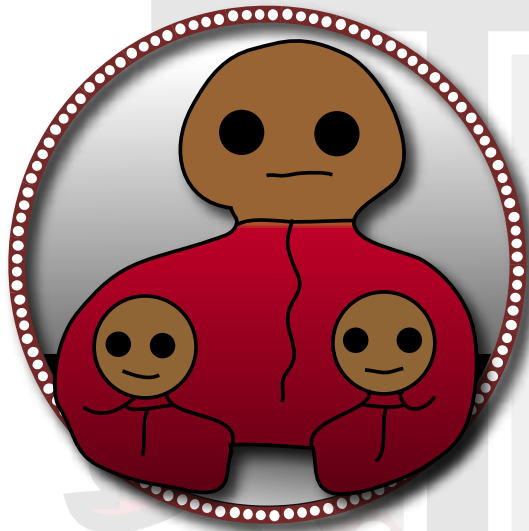


REACHING OUT

Most of us get help from our families and friends. Sometimes, if our whole family is suffering we may need other people to hear our stories.

Remember, special help is available from religious ministers, health workers, counsellors and doctors.



If you want some help, or just to talk things through a bit, you can contact your local Aboriginal health worker, priest, doctor or community service for assistance.

Contact Information:-

- Murray Mallee Community Health Centre,
Swanport Road, Murray Bridge
Ph: (08) 85356800

This brochure was originally produced by
The Rainbow Project - Helping with Grief and
Trauma

Contact Information

Isabelle Norville, ADAC Indigenous Elder
Aboriginal Drug and Alcohol Council (SA) Inc.
53 King William Street, Kent Town, 5067
Ph 08) 83620395 Fax 08) 83620327

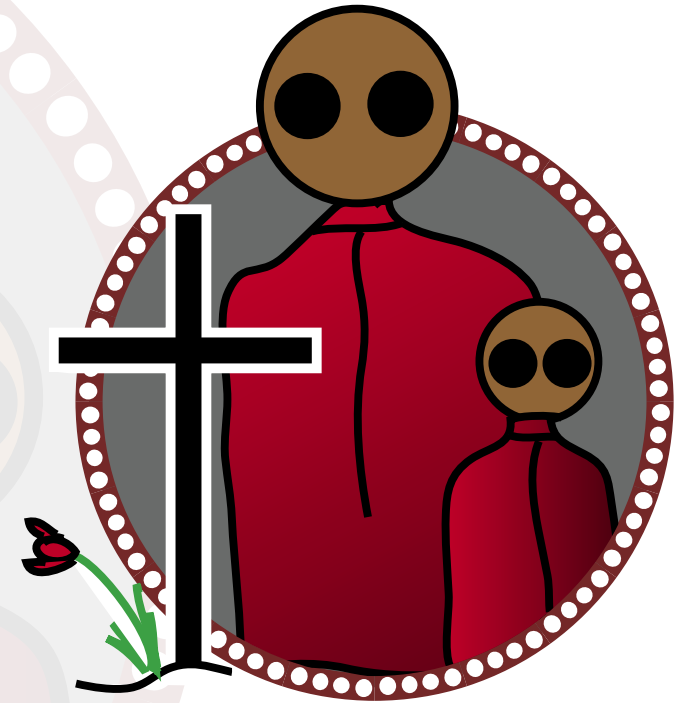
This new brochure has been redesigned by the
Indigenous Substance Misuse Health Promotion
Unit due to demand for the information.



INDIGENOUS
SUBSTANCE MISUSE
HEALTH PROMOTION UNIT.

TELLING YOUR STORY

GETTING OVER GRIEF



TELLING OUR STORIES ABOUT

- losing a baby or a child
- losing a parent
- losing a partner
- losing a grandparent
- losing a brother or sister
- losing a friend or relation
- losing anyone you love

ITS NOT JUST PEOPLE DYING

We are losing our people in all sorts of ways. Our people are going to prison, our children are being taken away, our people are 'gone' with the booze or drugs.

And we're still losing our heritage and our rights - our culture and way of life are still being attacked by some white people. We've all got stories to tell about losing our land, our language, our knowledge.

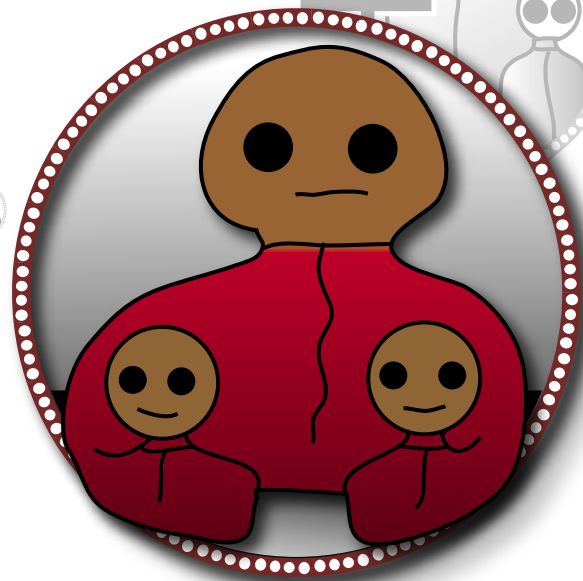
Some people think that we are still suffering from all the pain of the white invasion - that it is passed down from one generation to the next. Learning to sit down and talk with other people about how we are feeling is a good way to heal from the hurt.

“ a shared load is a lighter load”

WHAT WE CAN DO

Now this isn't a white psychologist's way we are talking about, story telling has been part of our culture for a long time.

Our old people knew how to do it sitting around yarnin' about people who had gone. They talked about who raised them, who they were related to and what they did. And that's how they healed themselves not by trying to forget people but just opposite, by talking about them, remembering them.



If we can heal ourselves and our own families, then maybe we won't pass on the suffering to generations of nungas to come. If we are doing something about all the past injustices then we are helping to heal us all. Getting involved in reconciliation, land rights, heritage work, teaching our young people, or working for our community, they're all helping to heal us.

WHAT DOESN'T WORK

Hoping that the feelings and memories will just go away may not work. Sometimes time is a great healer but not always. Sharing the story can make the healing happen much quicker.

Trying to put the memories out of our heads with booze or drugs doesn't work. If we try that way we have to keep taking more and more just to keep the memories from creeping in.

Some of us just get angry and take it out on everyone around us, family and friends. abusing and hurting the people we care for most. That adds shame and guilt on top of the pain of the loss and usually to cope with all that we need some drugs or booze - it's a vicious circle.