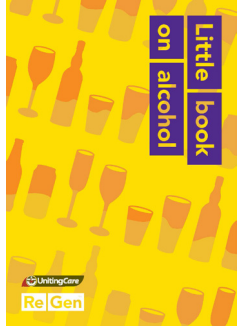


Resource Order Form

To order see overleaf (or go to ReGen's online shop: www.regen.org.au/shop).
For more information email publications@regen.org.au or call 03 9386 2876.



Little Book on Alcohol

'In my life I've made three big mistakes while drinking, all of which could have easily been avoided. That's why I wrote this book, with the help of ReGen', Bella aged 21.

The *Little Book on Alcohol* contains easily accessible facts, personal stories and practical advice about the potential impacts of alcohol on young people's lives. It is a valuable resource for schools, youth services and families in promoting discussions about alcohol, strategies for reducing harm and options for getting help and support. It is based on extensive research about what works for young people.



Facts about... and Withdrawing from... drug brochures

There are two brightly coloured brochures for each substance: 'The facts about' and 'Withdrawing from' alcohol, amphetamines, benzodiazepines, cannabis, heroin and ecstasy (facts only). The 'Facts about' brochures explain what each substance is, the psychological and physical effects and how to reduce the harms. The 'Withdrawing from' brochures explain what withdrawal is, typical symptoms experienced by people undertaking withdrawal from that substance and tips for getting through the process.



Putting Together the Pieces – Responding to trauma and substance use

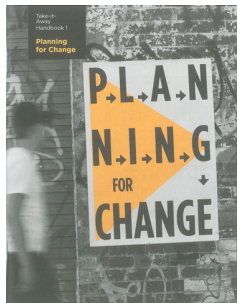
Putting together the pieces is an evidenced based resource that provides workers with practical skills and knowledge to assist a client to work with their trauma issues within an alcohol and other drug context.



Drug Use & Mental Health Brochure (Two Issues In The Same Bag)

This brochure comes in its own clear zip lock bag & folds out into a poster (24cm W x 42.1cm H).

It examines the relationship between substance use and mental health; the effects of different drugs, their particular risks in relation to your mental health; tips for looking after yourself and where to go for help.

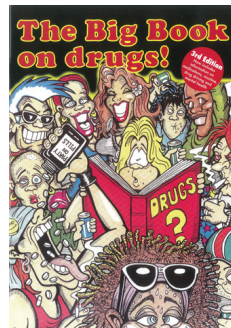


Take It Away Handbooks

The *Take it Away Handbooks* have been designed to assist people who wish to reduce or cease their use of alcohol & other drugs or to find safer ways of using.

- *Planning for Change* – designed to be given to people preparing for change
- *Keeping Going* – helps people continue with and maintain change

Both incorporate helpful tips and activities. Also work as useful resources for family members, friends and workers.

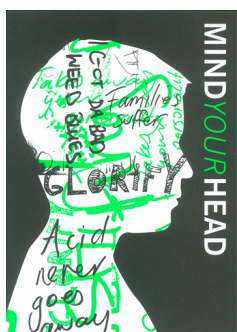


The Big Book Series

Designed specifically for young people, particularly those who would be described as 'pre-contemplators' and those who may be involved in experimental drug use.

These books have a harm minimisation focus and present drug information in an interesting way with eye-catching cartoon illustrations throughout. The *Big Books* available include:

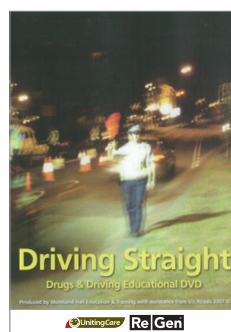
- *The Big Book on Drugs*
- *The Big Book on Cannabis*
- *The Big Book on Party Drugs*



Mind Your Head

Mind Your Head was developed as a resource for young people and anyone else (including teachers, parents and allied health workers) wanting to know more about the relationship between mental health & substance use.

The book provides information on different drugs and their effects on mental health, strategies for looking after your mental health and getting help and support.



Driving Straight (DVD) & 2 information booklets

Educational DVD plus two Information Booklets - Developed in line with the Victorian Government's Drugs & Driving Legislation for random roadside drug testing implemented in 2006. Features FAQs answered by experts in the field and a selection of five different 'real life' drug driving scenarios.

Total running time: 30 minutes

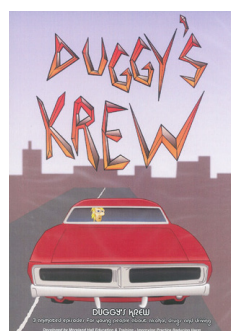


Yarnin' about Yarnin' (Produced by UnitingCare ReGen & the Koori AOD Workers Network Victoria)

An innovative educational kit developed to encourage discussion around cannabis, and to assist people in the Indigenous community to cut back, give up or use more safely.

The kit contains: a facilitators' guide; DVD; handcrafted message sticks; Tree of Life activity materials; 10 work books and take-away message sticks for participants.

A sample of the Yarnin' About Yarnin' video content is available on ReGen's YouTube channel.



Duggy's Krew (DVD) & Facilitator's Guide

A series of three short entertaining animations, focussing on drink and drug driving.

Additional materials include a facilitators' guide (for running educational sessions based on the animations) and downloadable activities - designed for young people who are new drivers or preparing to get their driver's licence.

Total running time: 12.5 minutes

To order resources

Please note that all ReGen's resources can be ordered online at www.regen.org.au/shop

Alternatively, complete the form below and:

Fax it to 03 9383 6705 OR scan and send it to publications@regen.org.au OR

mail to UnitingCare ReGen, 26 Jessie Street, Coburg, VIC 3058

ReGen will invoice you with delivery of the goods. Please note that you must fill in the postage & handling fee.

If this amount is not filled in, it will be added to the total cost and recorded on the invoice. Thanks for your cooperation.

| Item | Title | Cost per item (incl. GST) | Quantity | Total cost |
|----------------------------|---|---------------------------------|----------------------------------|------------|
| Books | Little Book on Alcohol | \$6 | | |
| | Putting Together the Pieces – Responding to trauma and substance use | \$6 | | |
| | Take it Away Book 1 – Planning for Change | \$3.50 | | |
| | Take it Away Book 1 – Keeping Going | \$3.50 | | |
| | Mind Your Head | \$4.50 | | |
| | The Big Book on Party Drugs | \$2.50 | | |
| | The Big Book on Cannabis | \$2.50 | | |
| | The Big Book on Party Drugs | \$2.50 | | |
| Brochures / Posters | Drug Use & Mental Health This brochure comes in its own clear zip lock bag & folds out into a poster (24cm (W) x 42.1cm (H)). | 10 brochures for \$9 | | |
| | | 50 brochures for \$40 | | |
| | | 100 brochures for \$75 | | |
| | Facts about... & Withdrawing from... drug brochures include: alcohol, amphetamines, benzos, cannabis, ecstasy and heroin. (Two brochures per substance, except ecstasy which is just 'The facts about ecstasy'.) | \$4.50 for 1 set (11 brochures) | | |
| | | \$4.00 for 10 of one kind | | |
| Educational Kits | Yarnin' About Yarndi A facilitators' guide; DVD; three handcrafted message sticks; Tree of Life activity materials; 10 work books and take-away message sticks for participants. | \$220.00 | | |
| DVDs | Driving Straight DVD & 2 information booklets | \$100.00 | | |
| | Duggy's Krew DVD & Facilitator Guide | \$40.00 | | |
| | | | Subtotal | |
| | | | Add Postage (see Table below) | |
| | | | Total Amount Payable (incl. GST) | |

| Postage & Handling within Australia (contact us for International orders) | | | | | |
|---|---------------|----------------|----------------|----------------|---------|
| Subtotal from above | \$0 – \$19.99 | \$20 – \$49.99 | \$50 – \$99.99 | \$100 – 199.99 | \$200+* |
| Postage & handling inc. GST | \$7.50 | \$10 | \$15 | \$20 | \$25 |

Name: _____

Position: _____

Organisation: _____

Street address: _____

Suburb: _____ Postcode: _____

Telephone No.: _____ Fax No.: _____

Email address: _____

Please tick if you would like to be informed of upcoming resources and training events (via email)

Payment by (Please tick appropriate box): Chq Cash (pickup only) Money Order

Or Credit Card If so please tick Visa or Mastercard: Visa Mastercard

Card Number: _____ / _____ / _____ / _____

Expiry Date: _____ / _____ SRN No: (last 3 digits on back of card): _____

Cardholders Name: _____

Cardholders Signature: _____