

A guide to helping someone who is sniffing

Questions to consider when assessing the level of intervention required immediately and where to refer for follow up support.

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| <ul style="list-style-type: none"> - Is the person at risk of harming themselves or someone else? - Is the person conscious, “out of it”, drowsy or alert? | <ul style="list-style-type: none"> - Is this a “once-off” incident, something they engage in occasionally, or a regular occurrence? - Is there a safe place to take them? |
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Prevention	Intervention	Maintaining Safety
<p>Reducing Availability: Service Stations All Community Members</p>	<p>After the sniffing:</p> <ul style="list-style-type: none"> • Talk with them only if they are calm (it’s too hard to talk if they are angry). • If they want to talk, remember to listen and not judge. • Find out why they are sniffing, ask (What’s happening in your life/how are you feeling about life/what is worrying you?). • Encourage them to talk to someone, a health worker, family or elders, not just you. • If they won’t talk to someone, you could get advice from a co-op, health worker, alcohol and drug worker or doctor 	<ul style="list-style-type: none"> • If the person is conscious/awake and able to talk: • Keep them calm, don’t over-react and don’t chase or shout at them. • Try to remove any inhalants and make sure there is plenty of fresh air. • Try to persuade them to stop sniffing, don’t use force. • Stay with them or get them somewhere safe until the effects have worn off (up to 60 minutes or more after they stop sniffing). • Seek medical help if they are not recovering after the solvents have been removed. • Don’t try and talk with them about their sniffing when they are intoxicated.
<p>Maintain and Build Connections: Family, culture & country, school, positive peers, sports, art, dance, music.</p>		
<p>Youth Activities:</p> <ul style="list-style-type: none"> - Sports Centre – 4745 1580 - PCYC - 		
<p>Information & Education:</p> <ul style="list-style-type: none"> - Gidgee Healing Deadly Thinking Program - 4769 7045 	<p>Try to reconnect child with: Family, culture & country, school, positive peers, sport, art, dance, music</p>	<p>Normanton Hospital – 4745 2100 Child & Adolescent Mental Health Mt Isa – 4744 7103 (7am-11pm) After Hours – 4744 4444</p> <p>Normanton Police – 4745 2555 Child Safety – Regional Intake Service - 1300 706 147 After Hours – 1800 177 135</p> <p>Remote Youth Justice – 4255 7500</p>
<p>Seek Family Support Early</p> <ul style="list-style-type: none"> - Gidgee Healing - Family Wellbeing Program – 4769 7015 or 4769 7016 - Centacare – 4745 1586 - NWRH – 4747 8800 - Save the Children – 4745 1491 or 0429 521 388 	<p>Family Support:</p> <ul style="list-style-type: none"> - Gidgee Healing- Family Wellbeing Program - 4769 7016/4769 7015 - Centacare – 4745 1586 - Save the Children - 4745 1491 - RSAS – - FaCE Program – - NWRH – 4747 8800 	
<p>If they are sniffing:</p> <ul style="list-style-type: none"> • Try to stay calm. • Don’t yell or chase them – this can give their heart a big shock. • Don’t try to take the inhalant away by force – they might get angry. <p><i>Get help if they are going to hurt themselves or someone else.</i></p> <p><i>If they have passed out, get help quickly</i></p> <ul style="list-style-type: none"> • If they are awake, talk quietly and try to get them home 	<p>Counselling:</p> <ul style="list-style-type: none"> - ATODS – 4745 1241 (Drugs & Alcohol) - NWRH – 4747 8800 (Adults) - Centacare – 4745 1586 (Families) - RFDS 0409 456 665 (Children and/or their parents/carers) - Save the Children - - Recovery Centre - (Rehabilitation) - Gidgee – 4769 7013 (Adults) 	