



Video 

## Mates Help Mates



**Evidence ratings:** 

This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 7-8, Year 9-10, Year 11-12

**Targeted Drugs:** Alcohol, Cannabis, Drugs (General)

**Tags:** helping a friend, communication, seeking help, support

**Time Allocated:** Partial lesson (under 45mins)

**Links to National Curriculum:**

ACPPS089 (Yr 9-10), ACPPS090 (Yr 9-10), ACPPS093 (Yr 9-10), ACPPS094 (Yr 9-10)

**Origin:** Australian

**Cost:**

Free

## Available

This video series is available on YouTube

Watch 'Mates Help Mates' series

## Developers

Cannabis Information & Support.

## Summary

**Video length:** Four short videos, each under 4 minutes.

This series of Australian videos demonstrates different approaches to starting a conversation with a friend when you are concerned about their drug use. The videos also show how to encourage a friend to seek professional support, and ways to make this process easier and less scary for a friend.

- Access Should we Help Mitch?
- Access Helping Mitch
- Access Should we Help Bree?
- Access Helping Bree

## Expected Benefits

- Increased understanding of how to talk to a friend when you're concerned about their drug use.
- Increased understanding of non-confrontational communication.
- Increased awareness of support services.

# Evidence Base

---

## Expert Review\*:

This video series was developed to help guide students in how to start a conversation to help a friend when they are concerned about their drug use and other mental health problems. The videos demonstrate how to approach these conversations and support a friend. The videos also demonstrate how to encourage a friend to seek professional support, and ways to make accessing support easier and less daunting. We encourage students to also make use of national phone services to obtain additional support and advice for themselves or a friend (see [Where to get help](#)).

\* Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.