Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

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.

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