TIRRANIA Suhood ... her group Voices' 24-hour advice hotline (008 422 599) gives addiction advice to callers wishing to remain anonymous

# Hear Voices to help addictions

THE season of goodwill and conviviality can sometimes degenerate into misery through abuse of alcohol, other drugs and gambling.

At a time when families and friends should be renewing and nurturing loving relationships, the reality is that such problems don't take a holiday.

This is where Voices can come into play.

An International Year of the Family joint initiative, by a grouping of community health bodies co-ordinated by Blacktown's Alcohol and Other Drug Family Services (previously known as DIFSS, Drink in Family Support Service), it was launched recently by Blacktown Mayor Jim Anderson and Anne Sargent, netball champion and TV sports commentator.

Voices asks people with problems – whether they are the "sufferers" or the problem lies with a relation or friend – not to bottle up what could become serious social problem.

It urges people who are affected by addiction excesses to talk over such problems with a friend – anybody – or, if they wish, phone the projects's 24-hour hotline 008 422 599 for a no obligation on-the-spot consultation.

On this number you can get expert advice instantly or be referred to any one of a number of other specialist agencies on a completely confidential basis.

As project worker Tirrania Suhood explains: "Alcohol, other drugs and gambling are issues for the whole community.

"They affect not only the person with the problem, but also family and friends.

"Don't let such things spoil you Christmas.

"Ring us and just talk about your problem. You won't regret it."

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