



How does meth affect your life?

Managing a Slip Up

Giving up can be difficult and many people slip up (lapse) at some point. Lapsing does not mean that you have failed or need to go back to using. Use it as a sign that you need to take some action and assess the reasons why you used; and get back on track.

Think about what happened that led to you lapsing (situations, feelings, people). Write it down here:

Given what you now know about this lapse, what could you have done differently?

Alcohol and Drug Support Line

The service is available 24/7 via phone
Phone: (08) 9442 5000
Country callers: 1800 198 024
Email: alcoholdrugsupport@mhc.wa.gov.au

Emergency

In an emergency call 000 for an ambulance immediately.