



Stay strong and healthy It's worth it!

Aboriginal campaign resources

The **Stay strong and healthy it's worth it!** campaign encourages Aboriginal women and their partners to think about the health of their baby before consuming drugs or alcohol during pregnancy or in the post natal period, as well as the potential challenges of dealing with a mental illness at this time.

The campaign resources emphasise the role partners, families and communities can play in supporting pregnant Aboriginal women to make healthy lifestyle choices and provides information on the professional services available to support them.

Campaign products include a Facebook page, posters, a postcard and media advertising, and a 16 page illustrated storybook.

Go to the Facebook page at **Stay strong and healthy** for health information about pregnancy, having a young baby, mental health and drug and alcohol issues, a service directory map, healthy recipes and more.

These FREE resources are designed to support Aboriginal child and maternal health, drug and alcohol and mental health professionals, GPs and TAFE and community workers.

For drug and alcohol information and more FREE Aboriginal resources go to www.yourroom.com.au.

HOW TO ORDER
 Complete the order form and contact details and send to us.
Via email on: drugaction@doh.health.nsw.gov.au
Order on line: www.yourroom.com.au
Post to: Information and Education MHDAO, NSW Health Locked Mail Bag 961 North Sydney 2059
Via fax: 02 9424 5757
Or just call: 02 9424 5946



YOUR CONTACT DETAILS

NAME _____

ORGANISATION _____

DELIVERY ADDRESS _____

POSTCODE _____

TEL _____ FAX _____

EMAIL _____

| CAMPAIGN RESOURCES | QUANTITY |
|------------------------------------|----------|
| Stay strong and healthy story book | |
| Pregnancy poster | |
| Sharing pregnancy poster | |
| New bub poster | |
| Pregnancy postcard | |