

[1. I quit because ... NSW Government](#)

[Population Health](#)

<http://www.iqitbecause.org.au/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: NSW Government
Population Health - South Western Syney &
Sydney Local Health Districts Last reviewed:
10/12/2018

Review: Unique initiative integrating a website, information, resources and social media to encourage Aboriginal people in the Bankstown, Liverpool, Macarthur and inner city communities to identify reasons they should choose to quit smoking. Utilising an online peer support approach there are incentives for men, women and youth to commit to becoming smoke-free. A great example of a multi-faceted approach which challenges a public health issue with health equity concerns.

Tags: [Communities](#), [Indigenous](#), [Information](#),
[Men](#), [Online](#), [Peer support](#), [Pregnancy](#), [Self-](#)
[help](#), [Tobacco](#), [Women](#)

[2. Hello Sunday Morning](#)

<http://hellosundaymorning.org/> [Tweet](#)

5 out of 5 stars

International Creator: Hello Sunday Morning

Last reviewed: 17/10/2018

Review: An innovative health promotion and harm reduction campaign which encourages people, especially young adults, to pledge to partying safely and to avoid hangovers. There are online tips, opportunities to blog, access to apps, and even alcohol free drink recipes to help participants to maximise social experiences with minimal negative side effects. Peer support resources are available for people taking an alcohol break and also for those interested in alcohol moderation. 24-hour helpline and self-help links are provided for people needing extra assistance or encouragement to make or maintain a pledge. A mobile app has helped to make this initiative the largest online movement for alcohol behaviour change in the world.

Tags: [Alcohol](#), [Communities](#), [Consumers](#), [Early intervention](#), [Harm reduction](#), [Health promotion](#), [Helpline](#), [Online](#), [Peer support](#), [Safe partying](#), [Self-help](#), [Youth](#)

[3. Employment and youth support services - Youth Futures WA](#)

<http://www.youthfutureswa.org.au/support-services> [Tweet](#)

5 out of 5 stars

Australia, WA Creator: Youth Futures WA Last reviewed: 03/10/2018

Review: Programs, initiatives and resources to support at-risk and homeless young people. Includes access to services for accommodation and education, alcohol and other drug counselling, peer support, early intervention support, and a variety of outreach options in each of the participating communities. Begin the referral process, self or for a client or friend, by phoning the number provided on the site.

Tags: [Communities](#), [Counselling](#), [Early intervention](#), [Education](#), [Harm reduction](#), [Homeless](#), [Outreach](#), [Peer support](#), [Youth](#)

[4. Network of Alcohol and Drug Agencies \(NADA\) NSW](#)

<http://www.nada.org.au/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: Network of Alcohol and Drug Agencies (NADA) NSW Last reviewed: 12/09/2018

Review: A peak organisation for non-government alcohol and other drug intervention agencies in NSW. Provides advocacy, resources, policy, training, planning and tendering advice on a range of topics including workforce development, early intervention, treatment, after-care and harm reduction. The site is particularly useful for professionals looking for AOD specific professional development, information, networking, peer support and industry comment on government guidelines. Promotes industry jobs and other vacancies. Workshops and other training and development for member professionals is free unless otherwise promoted.

Tags: [Advocacy](#), [Associations](#), [Harm reduction](#), [Jobs](#), [News](#), [Peak bodies](#), [Peer support](#), [Policy](#), [Professional development](#), [Professionals](#), [Research](#), [Resources](#), [Service directories](#)

[5. From Grief To Action](#)

<http://www.fgta.ca/index.php> [Tweet](#)

5 out of 5 stars

Canada Creator: From Grief to Action Last reviewed: 12/09/2018

Review: A well-designed and accessible resource for parents, families, carers and friends of people who use drugs. Provides links relevant to publications, kits and resources. The organisation has developed and promotes several different peer support and advocacy tools. In addition, the organisation is active in promoting compassionate public health policy to help improve the prevention, early intervention and treatment options for people who are adversely affected by the use of illicit substances.

Tags: [Addiction](#), [Advocacy](#), [Families](#), [Harm reduction](#), [Information](#), [Libraries](#), [Parents](#), [Peer support](#), [People who use drugs](#), [Policy](#), [Prevention](#), [Resources](#), [Youth](#)

[6. Narcotics Anonymous Australia](#)

<https://www.na.org.au/multi/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:

Narcotics Anonymous Australia Last reviewed: 28/08/2018

Review: An abstinence-based 12-step program for individuals dealing with drug dependence. Access to information, resources, events and meeting locations throughout Australia. Outreach for consumers includes face-to-face peer support or online meeting options. Resources include e-newsletters, downloadable pamphlets which help with self-assessment, information about Narcotics Anonymous (NA), and provide detail about addiction and why it can be treated. It is recommended that individuals who are currently engaged in treatment inform their health professional to maximise support and the potential to achieve results.

Tags: [Addiction](#), [Consumers](#), [News](#), [Online](#), [Outreach](#), [Peer support](#), [Prohibition](#), [Self-help](#)

[7. Alcoholics Anonymous Australia](#)

<http://www.aa.org.au/> [Tweet](#)

5 out of 5 stars

Australia, National services Creator:

Alcoholics Anonymous Australia **Last**

reviewed: 30/07/2018

Review: Offers an introduction to Alcoholics Anonymous' philosophy and services for new members, health professionals and media. National directory of meetings. Links to state-based telephone support. Encourages self-help through peer support.

Tags: [Alcohol](#), [Consumers](#), [Online](#), [Peer support](#), [Professionals](#), [Rehab](#), [Resources](#), [Self-help](#)

[8. Alcoholics Anonymous Canberra and Region](#)

<http://www.aacanberra.org/> [Tweet](#)

5 out of 5 stars

Australia, ACT Creator: Alcoholics

Anonymous Canberra and Region Last reviewed: 11/07/2018

Review: Overview of Alcoholics Anonymous and the 12-step philosophy – its long established peer support and self-help models. Access to local meetings roster in the ACT area and other resources.

Tags: [AA](#), [Addiction](#), [Alcohol](#), [Alcoholics Anonymous](#), [Consumers](#), [Peer support](#), [Rehab](#), [Resources](#), [Self-help](#)

[9. Alcoholics Anonymous Perth](#)

<http://www.aaperthwa.org/> [Tweet](#)

5 out of 5 stars

Australia, WA Creator: Alcoholics Anonymous

Perth Last reviewed: 11/07/2018

Review: Internationally recognised peer support and self-help program based on the 12 step philosophy for men and women to recover from alcohol dependence. Meetings in Perth and regional WA. Contacts specifically for Fly in/Fly out workers who have trouble accessing meetings. 24 Hour Helpline.

Tags: [Alcohol](#), [Consumers](#), [Indigenous](#), [Information](#), [Peer support](#), [Rehab](#), [Rural and remote](#), [Self-help](#)

[10. My-Peer Toolkit](#)

<http://mypeer.org.au/> [Tweet](#)

5 out of 5 stars

Australia Creator: Western Australian Centre
for Health Promotion Research Last
reviewed: 24/06/2018

Review: Archived resource with useful tools for teachers and counsellors working with students and youth wishing to develop quality, functioning peer support activities and opportunities.

Includes an overview of different types of peer-support programs, mental health frameworks and templates for evaluation. A great, easy-to-follow resource for professionals needing to provide feedback or other reporting on activities.

Tags: [Counselling](#), [Evaluation](#), [Mental health](#),
[Peer support](#), [Students](#), [Teachers](#), [Youth](#)
