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## Building awareness and promoting help-seeking

### THE CHALLENGE

Too few know addiction is treatable. Stigma and silence delay help, fueling greater harm for individuals and communities.

### OUR IMPACT

We empower people and communities to seek help by building literacy, reducing stigma, and fostering skills to give and receive support.

For more information, visit [turningpoint.org.au/30-years-of-impact/help-seeking](https://turningpoint.org.au/30-years-of-impact/help-seeking).



### Promoting help-seeking through schools

Our award-winning program, MAKINGtheLINK, empowers young people to challenge stigma, seek help for themselves, and support friends facing alcohol, drug or mental health issues.



# 13,000+

FAMILIES REACHED  
THROUGH BREAKTHROUGH



# 1,500+

CULTURALLY & LINGUISTICALLY  
DIVERSE COMMUNITY MEMBERS TRAINED

### Supporting families

Since 2015, the BreakThrough program, co-delivered with lived experience partner SHARC, has helped Victorian families with information, skills and support to better understand addiction and care for loved ones.