

TRACKS


Illicit drug users magazine

THE COMMUNITY ISSUE




Issue 38


QUIHN RECOGNISES THE **STRENGTH**
RESILIENCE, SURVIVAL, AND SOLIDARITY
OF PEOPLE WHO USE DRUGS AND
REMEMBERS THOSE OF THE DRUG USING
COMMUNITY WHO ARE NO LONGER WITH
US. QUIHN VALUES ARE UNDERPINNED BY
A **SOCIAL JUSTICE** FRAMEWORK THAT
RESPECTS DIVERSITY AND DIFFERENCE
AND WE ARE COMMITTED TO PROVIDING
FULLY INCLUSIVE, PROFESSIONAL, AND
NON-JUDGMENTAL SERVICES TO PEOPLE
OF ALL CULTURES, LANGUAGES, CAPACITIES,
SEXUAL ORIENTATIONS, GENDER IDENTITIES
AND/OR EXPRESSIONS.



QUIHN ACKNOWLEDGES THE **TRADITIONAL**
CUSTODIANS OF THE LAND ON WHICH WE WORK
AND PAYS RESPECT TO ELDERS, PAST, PRESENT,
AND FUTURE. QUIHN ALSO ACKNOWLEDGES AND
RESPECTS THE CONTINUATION OF CULTURAL,
SPIRITUAL, EDUCATIONAL AND HEALTH
PRACTICES OF ABORIGINAL AND TORRES STRAIT
ISLANDER PEOPLES.



WE ACKNOWLEDGE ABORIGINAL AND TORRES
STRAIT ISLANDER PEOPLES' STRENGTH,
RESILIENCE, AND CAPACITY IN RESPONSE
TO THE IMPACTS OF COLONISATION. QUIHN
IS COMMITTED TO CONTRIBUTING TO A
RECONCILED AUSTRALIA.



COVER ARTWORK BY KIM



The Tracks Committee's mission is to educate, support and empower people who choose to use or inject currently illicit and prescription substances.

At Tracks we welcome contributions which reflect the opinions and issues of those who have used, or are currently using illicit drugs. We pay \$30 for every piece published in Tracks and \$100 for work published as the cover.

We look for all sorts of submissions, you certainly don't need to be Picasso or Shakespeare to be published here.

As a general guide, we look for art including drawings, doodles & digital art / graphic design, photography, poems, personal stories, short stories, personal experiences, reviews, local news, yarns & gripes. If you'd like to submit something that isn't included in this list – go for it.

If you'd like to contribute to Tracks you can:

Visit www.quihn.org/submit/

Call us 1800 172 076

Email us quihn@quihn.org



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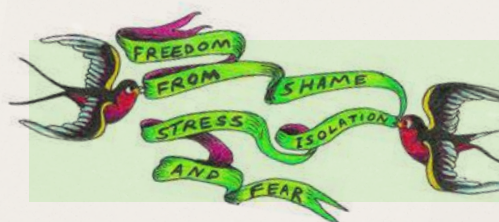
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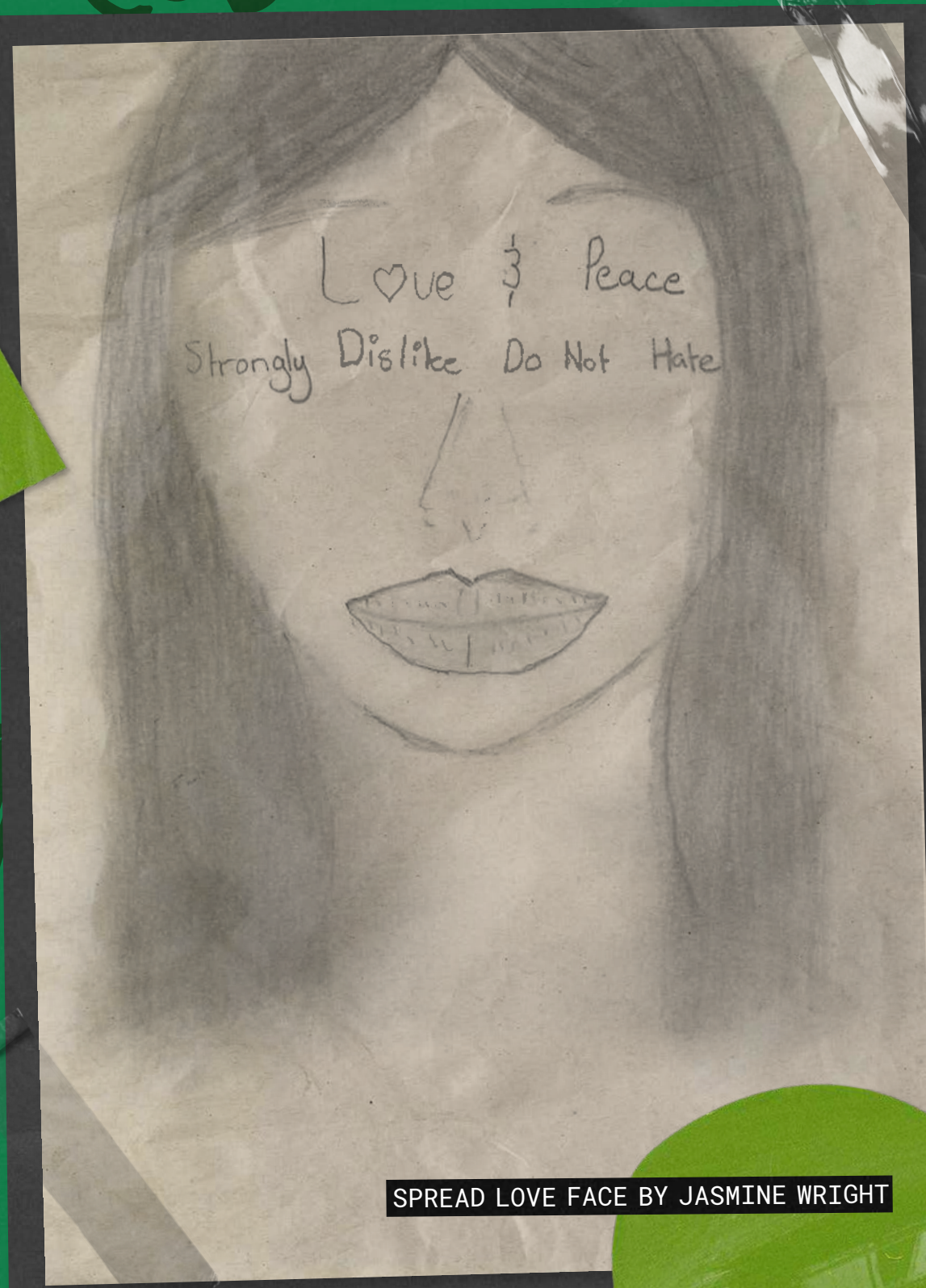
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SPREAD LOVE FACE BY JASMINE WRIGHT

Hello & Welcome TO THE COMMUNITY ISSUE

Wunya (welcome in Yuggera language) to The Community Issue of Tracks, a heartfelt edition that celebrates the strength, creativity, and spirit of the communities we are proud to walk alongside.

Community, at its best, reminds us we are never alone. In a world that too often pushes people who use drugs to the margins. At these times community becomes a lifeline, a source of connection, compassion, resistance, safety and support. It is in shared stories, open arms, safe spaces, and the fierce solidarity that exists between the people who've had to fight to be heard. We see that love every time someone shares a poem, a sketch, a raw experience — and this issue is full of those generous gifts. QulHN is endlessly grateful for the incredible submissions you send our way, thank you. You make Tracks what it is.

We also acknowledge the recent government decision to ban drug checking services in Queensland. A move that hits hard in our community. Drug checking is more than chemistry; it's a step towards equity and a tool that saves lives. It's a conversation starter, for many it is the first conversation they have with alcohol and other drug support/health workers. This ban doesn't make people safer — it removes another tool for harm reduction, for information, for trust. Rest

assured we will continue to push for the evidence-based services our community deserves.

In this edition, we're excited to introduce a new section: QulHN QuACK — a Q&A with our Nurse Practitioner where you can write in with your health questions. Additionally, we have got a peer perspective piece on home drug testing (reagent testing), and a brave and personal story from Sonya of Steroid Peer QNect, sharing her journey with steroid use. We hope that sharing these stories will help to build bridges and reduce shame.

As always, this issue is for you — and because of you.

*In solidarity,
The TRACKS Team*

XO

TRACKS NEWS



Drug checking pulled in QLD

Queensland's fixed site drug checking service, CheQpoint was set to continue this year, however the rollout has been halted by the government. For people who use drugs and the services that support them, this is a missed opportunity to provide vital harm reduction services to the community. Drug checking provides people with important education and health information, supporting people who use drugs to make to informed decisions and connect people with services they might not otherwise access. Check out our article on page 13 about other options for checking your drugs.

Cheaper ketamine for treatment-resistant depression

A ketamine-based nasal spray, Spravato, will be added to Australia's Pharmaceutical Benefits Scheme (PBS) from May 1. The medication offers hope for patients with treatment-resistant depression. While the drug will become more affordable, medical supervision during treatment still incurs high costs. In Australia, patients must meet specific criteria and undergo treatment in a controlled medical setting.



Read more!



Permanent pill testing site to open in VIC

Victoria is opening its first permanent pill testing centre in Fitzroy this August, following successful mobile trials at music festivals. The service offers rapid testing, medical support, and harm reduction advice, helping young people make safer choices. While NSW and Victoria are leading the way, advocates stress the urgent need for similar evidence-based services nationwide, including safe injecting sites and peer-led support, to keep communities safe and ensure people who use drugs can access care without stigma.



Read more!

'Boeing 737' full of Aussies dying of drug overdoses every month

Australia saw 2,272 overdose deaths in 2023—an average of 189 per month. Most were accidental and involved not only illicit drugs but also prescription opioids, benzodiazepines, alcohol, and counterfeit pills containing fentanyl or nitazenes. Overdoses happen in homes, suburbs, and regional towns. Experts say these deaths are largely preventable and call for a national harm reduction strategy, including education, naloxone access, drug testing, and safe injecting services, rather than relying on policing alone.



Read more!

DISCOVERY OF RECOVERY a poem - by Carol

Numbed I've been for forty years
Faking smiles to cover my tears
Using everything and everyone
And still I was never done
Covered in scars from head to toe
On the inside, how deep they go
Time and money simply thrown away
So tiring and draining every single day
I've slept in beds behind jail bars
In parks, on benches and even cars.
Lost everything including me
But worse I lost my family
Against my will they told me go,
To rehab Carol, "or No No No"
I wanted normal but I was scared
But there I was, everything was bared
I now can feel, and I feel it all
A bounce in my step, I'm walking tall
My family are proud because I'm clean
It's been my daughter's lifelong dream
No longer numb and loving me
Thank God, I say, for recovery.



IMAGE BY
EMILY EBDON FOR AIVL



QuiHN QuACK!

Hi, I'm Louise - Nurse Practitioner working with the amazing QuiHN, lifelong health nerd, and your friendly contributor to the QuiHN Quack, a new section of Tracks Magazine created with you in mind.

I've spent many years working alongside people who use drugs, and if there's one thing I know for sure, it's this: everyone has health questions, but not everyone has a safe or judgment-free place to ask them.

Sometimes it's embarrassment. Sometimes it's fear of being judged. And sometimes it's just not knowing who to ask or how to start the conversation.

That's where the QuiHN Quack comes in. Think of this column as your back-pocket health buddy, here to answer the stuff you're curious about but maybe haven't had the chance (or courage) to ask. Whether it's about your liver, your libido, your left toe, or that one thing you Googled at 2am that's been stressing you out ever since—we've got you.

And just to be clear: there are no dumb questions here. This is a no-judgment, no-jargon zone. A place where honesty meets humour, and where your health and wellbeing matter, no matter where you're at in life, or what you've been through.

So, if you've got a question, send it in to the QuiHN Quack. I promise to give you a real answer delivered with honesty, compassion, and just enough humour to make it less awkward and a bit more human.

Question:

I've always been alone. Why does connection and belonging even matter for my health?

Answer:

Great question and it's one a lot of people wonder about. The truth is that connection is more than just a nice idea. It's something that can literally help keep you alive.

When you feel like you belong, like you're seen, accepted, and not judged it can ease your stress, lift your mood, and actually make your body stronger. Being part of a community can improve mental health, boost your immune system, and help you feel more motivated to care for yourself or reach out for support when you need it.

Believe it or not, research shows that connection is more important to your long-term health than diet, exercise, or even quitting smoking. That's huge.

For people who use drugs, feeling connected can make a massive difference. It can reduce the pressure of stigma, help with depression or anxiety, and make it easier to find healthcare, housing, or harm reduction services. When you've got people around you who get it and who accept you just as you are, it's easier to breathe, to heal, and to keep going.

We're wired to want to belong. It doesn't make you weak, it makes you human. Trust grows from connection, and when there's trust, it's easier to speak honestly with people in your life whether that's a partner, mate, a worker, or someone else walking a similar path. We don't heal well in isolation. We heal better together.

LOOKING FOR WAYS TO BUILD CONNECTIONS? TRY THESE:

- Link in with a peer worker or harm reduction team.
- Drop by a community lunch, a QuiHN service, or a local drop-in.
- Say hi to someone you see regularly—small chats go a long way.
- Join a support or recovery group if that feels right for you.
- Help someone else out—it builds mutual trust.
- Share your story when you're ready—it might help someone else too.
- Be kind to yourself—connection also means checking in with **you**.
- Lift others up—it strengthens both of you.

You don't have to do life on your own. You matter. You deserve to feel safe, heard, and connected. And if no one's said it to you lately—you're not alone. Connection is medicine. And it's for you, too.

Got a health question you've always wanted to ask but weren't sure who to turn to? This column is a safe, no-judgement space send in your questions and get straight-up answers from QuiHN Nurse Practitioners who get it. Your question might even help someone else too.

FRIENDLY REMINDER:

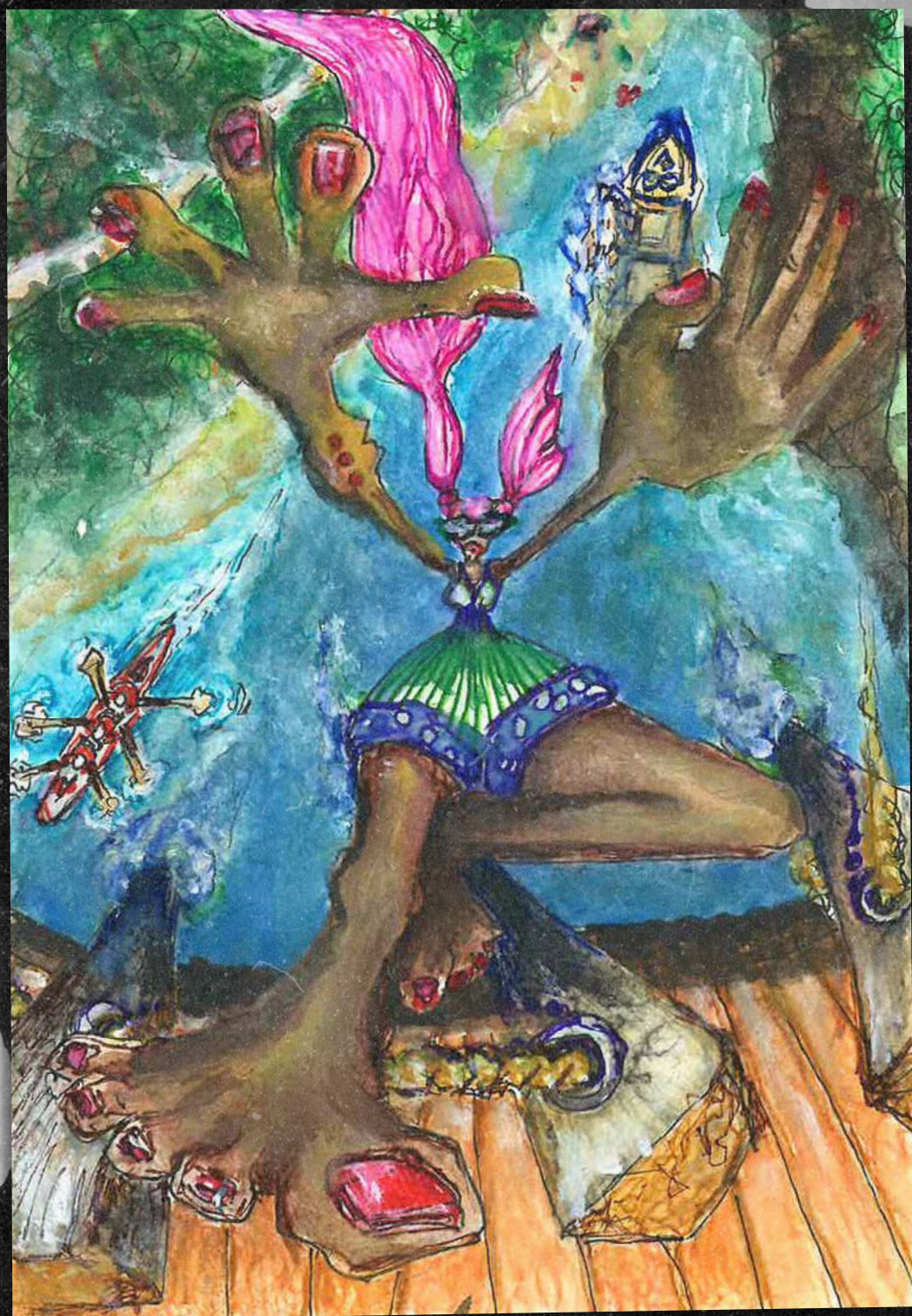
This information is for general information only, to support, inform, and inspire but it's not intended for medical advice or a substitute for a yarn with your doctor, nurse or healthcare professional.

We can't give personal responses to questions about the topics in this issue. If something here speaks to you or raises concerns, have a chat with your doctor or health care provider. Your health matters and getting the right support for **you** is what counts.

GOT A QUESTION FOR OUR
QuiHN QuACK? SCAN THE QR
CODE AND EMAIL IT THROUGH!
trackscommittee@quihn.org



Get in touch!



FALLING BY YVONNE SAMUEL

HOW TO AVOID BUNK JUNK

BY MARTIN WRIGHT & SOPHIE OSBORNE

A peer perspective on drug testing at home.

With the state government deciding not to renew funding for Queensland's drug checking facilities at a time when green bear shaped Nitazenes pills (which can be 10000x stronger than heroin) hit the drug supply, our community of molecular connoisseurs are concerned, and rightly so.

Having access to lab grade equipment, professional chemists, peers and a non-judgmental testing service is one of the best ways to minimize the potential harms of drug use (besides not taking them of course). There is another option though, and you can do it at home! Reagent testing.

Reagent testing works by using chemicals (reagents) that change colour when in the presence of certain substances. There are a vast number of different reagents used for identifying different substances (the most common being Marquis, Mandelin, Mecke, Froehde, Libermann, Ehrlich, Hofmann, Simon, Morris and Robadope). Reagents don't test for purity but can be used to identify 100+ different substances. This is particularly useful for identifying dangerous substances that are often sold in place of other drugs (e.g. PMA, PMMA, Nbome). Unfortunately,

reagents are not the greatest tests for identifying fentanyl or nitazenes, to identify these substances there are test strips that can be used.

Reagent testing only indicates the presence of a substance, not the absence of contaminants or other substances, for example if one was to test MDMA using the Marquis reagent, you could identify the presence of MDMA if the colour changes to purple/black or the presence of methamphetamine if it changes to yellow/red. PMA/PMMA (dangerous substances that have been sold in place of MDMA) would not react using Marquis, unless it was mixed with MDMA. This can provide a false sense of security when illicit drugs are deliberately adulterated to fool reagent tests. The best practice when testing is to use multiple different reagents as this provides the most comprehensive result





and can rule out some of the more unusual substances.

What follows are Marty's experiences and opinions, this is not intended to promote any one brand, I have only used one brand, but there are multiple options out there.

Personally, I like Kay's Lab reagents, an Australian online store. When on sale you can get a kit containing 10 different reagents (the kit that can identify the most stuff) for less than \$100, that's 1000s of individual tests. Each reagent comes with a card showing the substances they can test and the colours the reagents should change to; reagents start as clear liquids. For each test you require a tiny amount of drug, like less than 1/10 of a point, and one or 2 drops of reagent (depending on the reagent).

Each reagent reacts differently depending on the substance tested, some change to certain colours, others remain clear. Having a rough idea of what's in your bag helps massively, testing a floor find of random powder is possible but you would want to use every test available to be as safe as possible. Here is an example of a time I have used them, and the thought process that went into deciding which reagents to use.

I had scored a couple of things from the nether regions of the internet, specifically heroin and ketamine.

When deciding on which Reagents to use (there are many reagent combos that one could use, some more efficient than others). I tried to use reagents that have vivid and different colour changes (for example, comparing red to blue rather than orange to brown). To test the H, I used Mecke to test for the presence of heroin (#3) and Froehde (#4), the Mecke was supposed to turn yellowish green very quickly if it detected heroin, which it did. The Froehde was to turn from purple to black (to also test for the presence of heroin) and this happened also. I could have continued to test with further reagents to be confident it was what I wanted, but the reactions were so quick and vibrant I didn't

feel a need. (Note, I used a bit more gear than was needed for these tests, as I wanted good results, this could produce such a strong colour change it appears black making the results hard to decipher).

To test the Ketamine, I tried to pick reagents that showed different colour changes to the H as I was using the same plate and didn't want to mix up samples. I used Mandelin (#1) which was meant to turn from yellow to red (testing positive for ket?), it did turn red eventually, (this slower than expected change could imply it is not the purest, increasing the potential for adulterants to be present). It should be noted that the information cards provided with the reagents give a timeframe for the colour change to take place, but factors like cold weather can impact this.

I also used Marquis (#2) which was not meant to react and didn't (I chose this reagent as I figured no reaction to Ket was very noticeable and due to the fact, it would have reacted to many adulterants). It is worth noting that when testing K there are better reagents to use (specifically the Morris Reagents), but as the gear had the typical needle like crystal structure and as the Morris reagent is a 2-part reagent I stuck with tests I was familiar with. This was far from the best method for testing Ket using reagents, but it beats bumping and hoping.

To identify adulterants like Fentanyl and Nitazenes there are test strips. These work like a litmus test for the presence drugs. Fentanyl test strips are available from QuIHN's NSP. Nitazene test strips are available from some Queensland Health NSPs (free of charge) and can also be purchased online but often sell out. (Be mindful when using test strips as they can produce a false positive in the presence of certain substances e.g. I have heard reports Fent strips test positive when testing meth. This can also occur if the sample has not been diluted enough).



GENERAL ADVICE AND INFO ON REAGENTS

- Test on a white ceramic plate or sheet of glass/mirror as this shows the colour best.
- Some Reagents produce noxious gases when mixed with substances, you don't want to breathe them.
- If you are colour blind you might struggle to read the results.
- Reagents can test powders, liquids, oils, plant material, crystals and some foods (can't test gel tabs e.g. micro dots as gelatin will have a false positive result with the Ehrlich reagent, Ehrlich will false positive Opium due to Tryptophan).
- The chemicals in the reagents can be quite acidic/caustic and are toxic, handle with care and follow the instructions, including storage and disposal.
- Reagents have expiry dates and are best stored in the fridge.
- Test with as many reagents as is possible/practical for the best results but be mindful that the tests may not show all adulterants.
- Using too much substance in a test can make the colour so dark it appears black and that makes the results difficult to read (also drugs are expensive, let's not waste any).
- Certain reagents will be unsuited to certain substances, study the uses of each reagent and the colours they change too. This way you can identify the most efficient combination to test a particular drug.
- Reagents are legal to possess and buy but if you get raided the cops have been known to confiscate them.
- There is a chance that festivals will prohibit them, it's best to check with the organizers if this is a concern.
- They can be purchased online or at selected head/bong shops.
- YouTube has some great instructional videos on testing, just search "How to reagent test [insert drug name]". This will show the best reagents for that substance, the method to test it and some considerations.
- New drugs are constantly hitting the market, not all will be testable using reagents.
- Nitazene test strips can't detect some nitazenes.



For more information on reagents and testing you could visit:

- QuIHN's NSPs for information, equipment and Fentanyl test strips.
- Some Queensland Health NSPs for Nitazene test strips.



Kayslab.com.au
(reagent supplier)



Dancewizensw.org.au
(information on tests and drugs)



Bluelight.org
(a forum on drugs and harm reduction)



Drugpolicy.org.au
(information and supply of reagents)

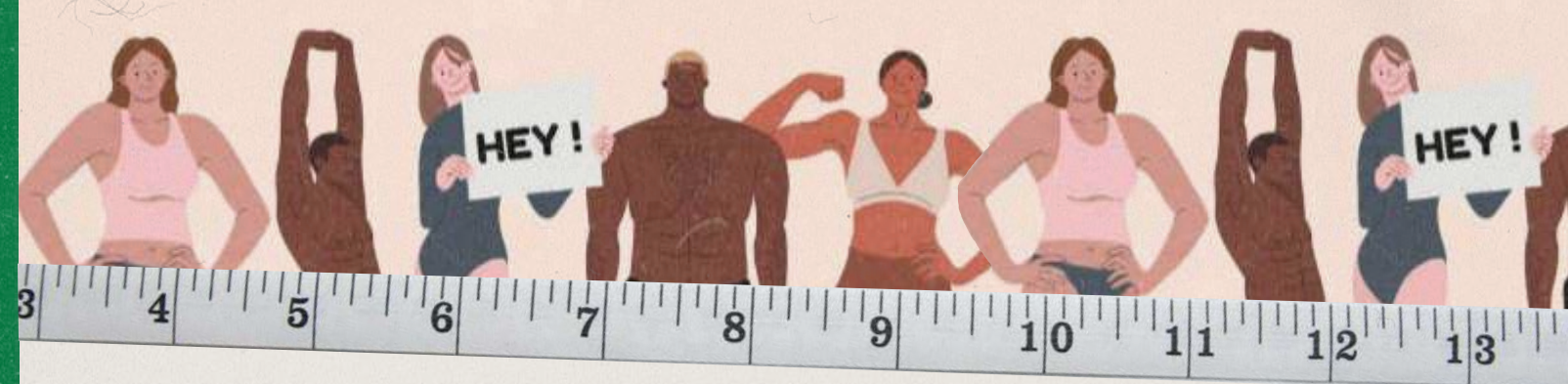


theloop.org.au
(more information)





'DAVID' BY MENACE420



SONYA: FINDING STRENGTH, SHARING KNOWLEDGE

Tell us a bit about Sonya

Sonya is a country girl at heart, raised in a hardworking family in regional NSW, now living on the Sunshine Coast in QLD. She recently completed a Bachelor of Social Work and shares her home with two beautiful huskies, Zeus and Oden. An art lover with a particular passion for tattoos—each with its own story—Sonya is also a self-proclaimed foodie, married to a Thai chef, and is herself, a talented baker, having recently crafted an impressive eight-layer honey cake.

Life hasn't always been easy for Sonya. Following a marriage breakdown, she faced weight struggles, single parenthood, and the demands of raising her children on her own. She experienced homelessness in Kings Cross, a substance habit, being disowned by her family, and navigating poverty. Through

these hardships, Sonya discovered a deep compassion for others and found a sense of purpose in helping people, which ultimately led her to peer work.

Sonya's steroid journey

Sonya's journey with steroids began as she explored bodybuilding and weight loss. At her heaviest, Sonya weighed 114kg, and in 2014 she started competing in bodybuilding, weighing 50kg. Steroids gave her not only physical strength but also mental fortitude, helping her feel capable during challenging times—including dealing with an immune system diagnosis.

However, this relationship with steroids became unhealthy. Alongside extreme dietary restrictions, Sonya experienced body dysmorphia, permanent virilisation (a lowering of the voice), acne, and hair loss. Sonya neglected regular blood tests and felt

discouraged by doctors who were dismissive or uninformed, leaving her without proper guidance. Eventually, her kidneys failed, leading to hospitalisation.

Peer work and harm reduction

Looking back, Sonya recognises how much she lacked support and accurate harm reduction information during her early steroid use. Now, as a peer worker with QuiVAA and Steroid QNect, she provides education, guidance, and a safe, non-judgmental space for people to discuss their steroid use. She supports regular check-ins around mental and physical health, offers practical advice on safe use, dosage, injections, and combining substances, and encourages engagement with healthcare. Through her work, she's seen positive changes: men returning to safe TRT regimes, more women seeking support, and more people accessing medical care and monitoring their health safely, alongside greater awareness of long-term impacts such as fertility and overall health optimisation.

BY SOPH

Harm reduction tips for steroid use

- Reach out and ask questions—call Steroid Qnect
- Start low and go slow
- Take regular breaks and monitor your health, including kidneys, heart, and mental wellbeing.

More information:

To speak with someone about your steroid use
Call Steroid Qnect: 1800 175 889
(#2 for direct access to steroid peer)
Email: sonyaw@quivaa.org.au



Steroid Harm Reduction Booklet



quivaa.org.au

Need advocacy and support for steroid use?

Peer Qnect is a free and confidential service run by QuiVAA to provide support to people who use Image Performance Enhancing Drugs (steroids), including those on TRT treatment or seeking support regarding steroid use across QLD.

What we do:

- Image & Performance Enhancing Drugs (Steroids) support/advocacy/ mediation
- Safer substance use and harm reduction information
- Assist with questions or concerns regarding accessing health care
- Support experiences of stigma or barriers to healthcare in Queensland
- Peer Qnect also provides training for frontline workers, nurses, GP's and other relevant community services

Illustration of five diverse people (three women and two men) in athletic wear. One woman holds a sign that says "HEY!".

PEER QNECT
Connecting Queenslanders who use substances to peer support

Contact us
1800 175 889
Press 2 for steroid peer
sonyaw@quivaa.org.au
Mon - Fri 9-4pm

Scan for more Information

Any Love?

By Ashley Swift

Keep your eye on the horizon,
That's where I'll be,
Keep your eyes on the horizon,
That's where you'll find me,
For your love is what I'm chasing forever and a month,
My love is only given to a very small bunch.
My love is big, daring like the wind,
Always asking for you to forgive my sins.
Swimming against the rip seeing tall fins,
But the vision of you declares the win.
I'm up for the challenge,
Don't give up so soon,
It's just so hard when you have the good stuff on the spoon.
Give me your love and I will keep on fighting,
With one eye set firmly on the horizon

TRACKS MAGAZINE

ONE BIG FAMILY

DRIVEN BY HOPE

INTERNATIONAL OVERDOSE AWARENESS DAY

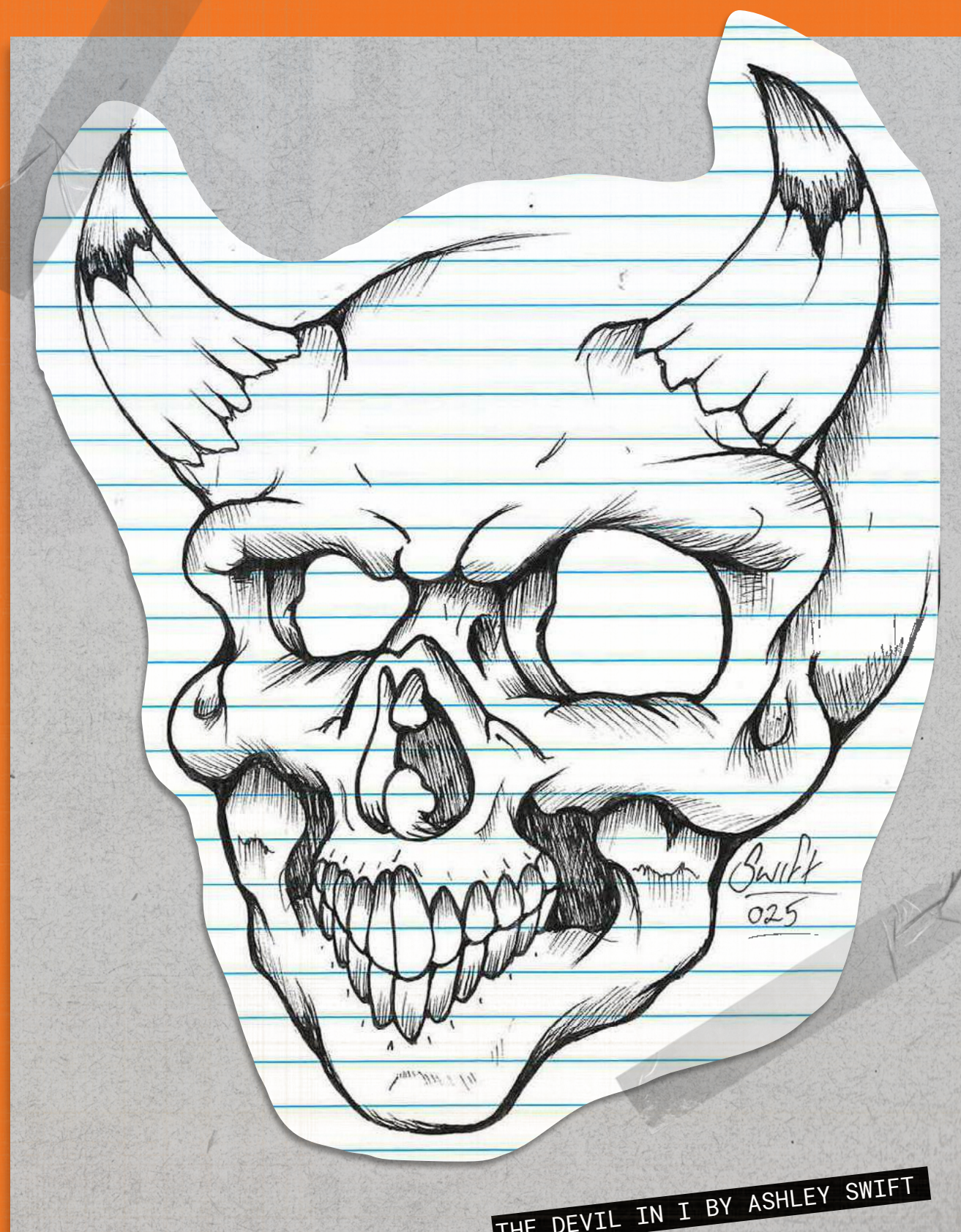
AUGUST 31, 2025



International Overdose
Awareness Day

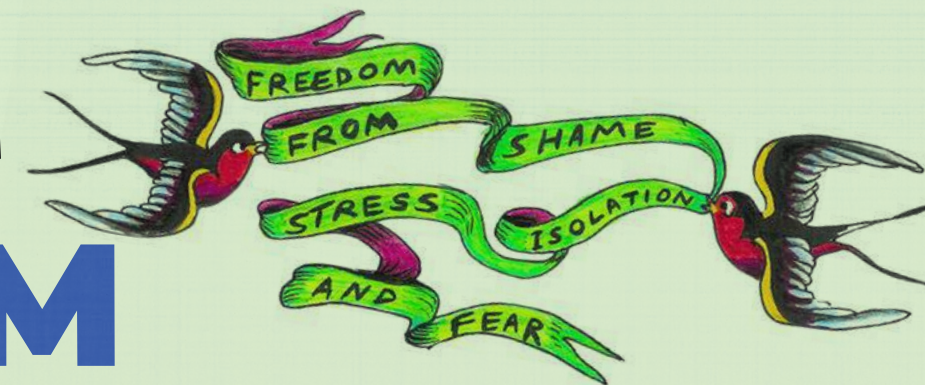


PENINGTON
INSTITUTE



THE DEVIL IN I BY ASHLEY SWIFT

IMAGE BY
EMILY EBDON FOR AIVL



HARM REDUCTION & CONNECTION

Harm reduction is something I deeply care about. It's about connecting with our community—the community of people who use substances, offering compassion, and providing practical help where it's most needed. I try to do the same in my personal and professional life.

Substance use, mental health issues, and societal stigma are complex challenges. Harm reduction shines as a philosophy that offers compassion and practical support to people facing these struggles. At its core, harm reduction values every person's dignity, freedom, and worth. It is about giving people the power to make their own choices, without judgement or shame. As one of my colleagues at QuHN put it:

"Harm reduction is about giving people the power to make their own choices, free from stigma and judgement."

Harm reduction is based on understanding that human behaviour, including substance use, is influenced by many factors—such as biology, psychology, society, and the environment. Instead of punishing people or judging their actions, harm reduction focuses on reducing the negative effects of risky behaviours. It emphasises practical strategies that help people, rather than only focusing on complete abstinence.

One of the most powerful things about harm reduction is that it meets people where they are. It treats everyone with respect, helps build trust, and creates supportive, safe

spaces—where people can connect—key foundations for positive change and healing.

"Harm reduction means looking after your mates," as another one of my colleagues at QuHN said when asked what Harm Reduction meant to them.

Harm reduction is also a social justice movement, actively working against inequality and unfair systems like racism, sexism, and poverty. As another team member put it: **"Harm reduction is about providing equality in health outcomes."**

The effectiveness of harm reduction is well documented. It helps reduce the spread of bloodborne viruses, overdoses, and other health issues. Programs like needle and syringe programs, supervised consumption sites, naloxone distribution, and medication-assisted treatment save lives and improves community health.

For me, harm reduction means helping people live the best life they can, with fewer negative consequences. It's about empowering people, providing practical strategies to make safer choices, and minimising the risks and harms of substance use. And, ultimately, as we heard from another QuHNstar...

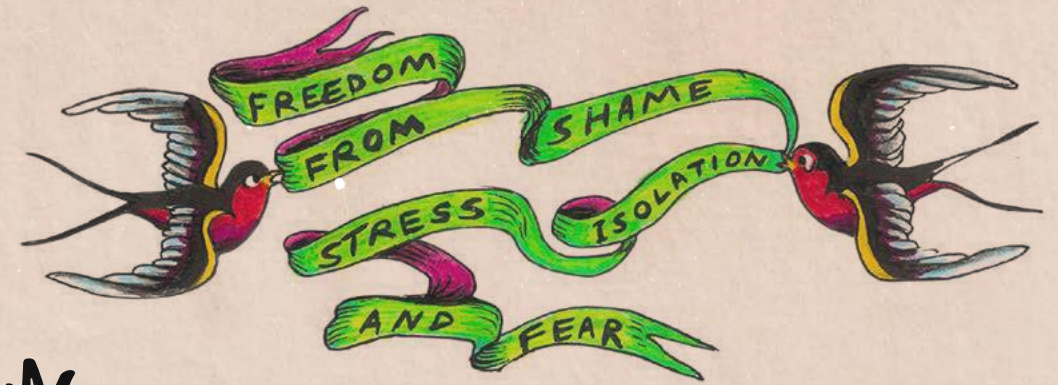
"Harm reduction is about challenging and fixing the harm caused by past and present policies and practices."

Harm reduction is a call for compassion, understanding, and unity.

BY SUE WALES



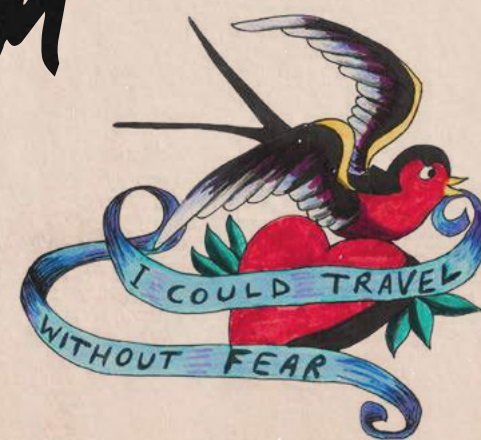
GRANDAD & GRANDAUGHTER BY DARREN KEATING



Let It Go

OMG my Face cant keep track of my Brain .. Go Slow!!!
Let it Flow!!! Use what You already Know!! Let it all Go!!
They will Never Show!! How Far we were Meant to Go!!
Push Back at all the To and Fro!! LET IT GO!!

D.G



ALL IMAGES BY EMILY EBDON FOR AIVL

COMMUNITY & PEOPLE WHO USE DRUGS

BY JEN Z



Connection as the opposite of addiction.

In the field of drug use recovery and addictions, it is often said that connection, not abstinence is the opposite of addiction. I personally, have been in therapeutic communities of one sort or another for over 20 years, QuHn has been one of these. Connecting in small groups and forming kinships and friendships, some of which have lasted decades now.

While using illicit substances, finding people who are also informed in harm reduction and safer using practices help me to minimize chances of overdose and kept me engaged in seeking counselling and empowered through various adversities. To give you a balanced view though, I will say in all honesty that moving from being quite isolated in stigma, shame and fear of legal repercussions for my drug use was not all smooth sailing. I have had to learn a lot about personal boundaries and what, where and when to disclose my history and my inner world. Not all people I have come across have been safe. Gossip in communities can spread like wildfire and be damaging. Things have been taken out of context and used against me personally. Things have also been taken quite out of context, and I was not fully prepared to stand my ground and fully own my points of view and experiences. There are assumptions around drug users such as gangs and motor bike club rivalries that have historically actually ended in extreme violence and murders

that I have not personally experienced. It is interesting to consider myself as a having been a 'vulnerable person' while I was drug addicted, with my mental health issues not fully addressed and supported. Was I a victim in some situations or a willing participant? All I know is now that I have an NDIS package and working with an occupational therapist on my personal boundaries has been a steep learning curb that I am super grateful for. The idea of support, not punishment has done me the world of good, and I am absolutely healing and growing.

As a woman I am super glad to be able to stand up for myself and to know myself more and more. To be changing patterns in how I relate to others and to be able to say "no" and mean it. So, for me, connection rather than addiction has not been all smooth sailing, but today, I truly have a loving safe inner circle of like-minded people and a broader community to engage with. I have support workers to help me along my path, as well as professional support from a mental health occupational therapist and a psychologist, along with friends, peers, and elders to guide me. I am ever so proud to be a client representative at QuHn and on this path with you all. Wishing you all love, peace, respect and good health and meaningful safe relationships.



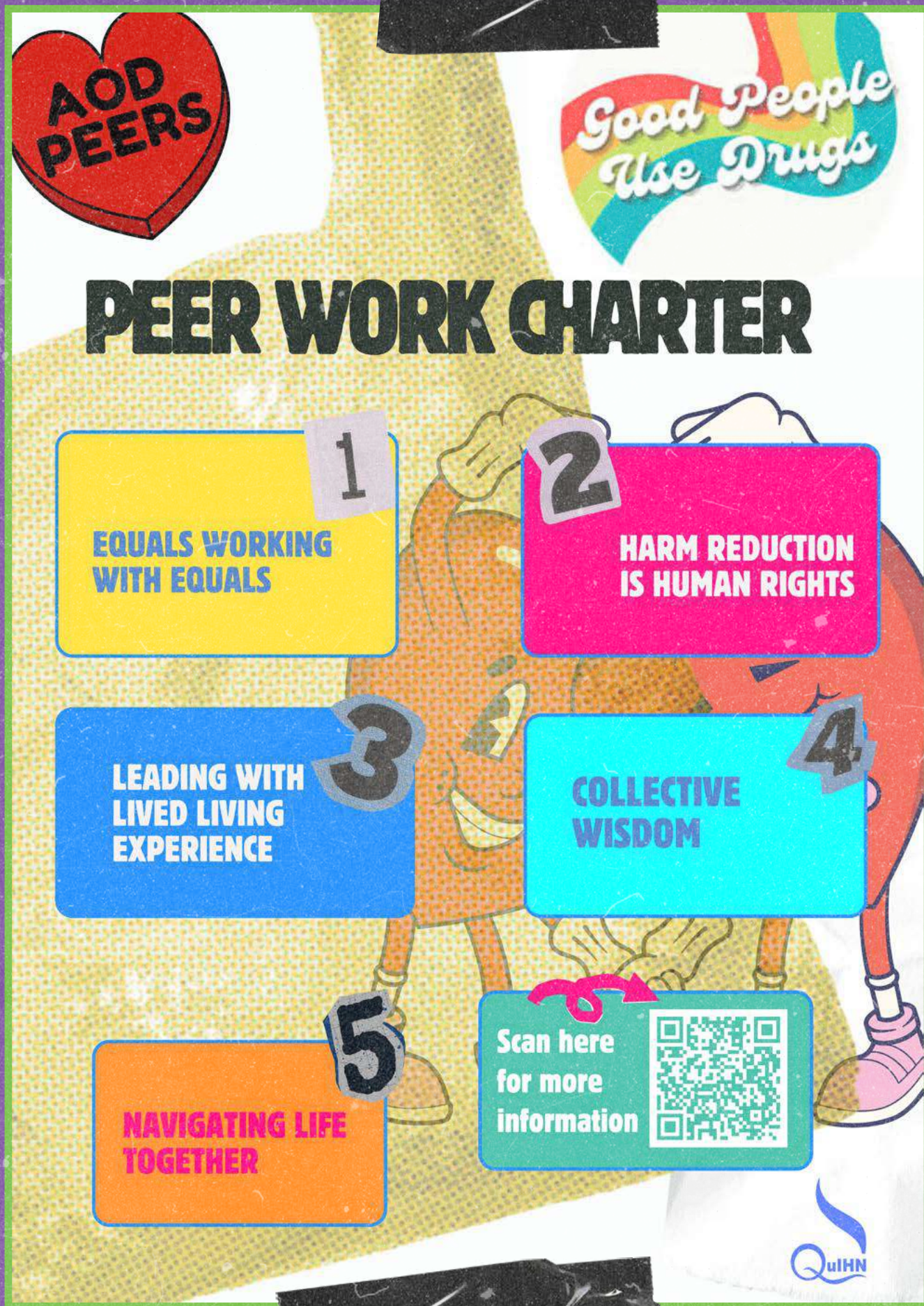
BY MARSHY



Tell us what you think!

If you have any feedback about TRACKS mag, please use the QR code included here. We'd love to hear from you!





UNTITLED BY LUKE

'Cept Me

I wanna write a poem about festivals,
With drugs running around my head like little red devils
But the truth is much more than terrible, now that everybody's on it 'cept me,
Back then we knew how to have fun,
Howled at the moon and screamed at the sun
Always waiting for our old mate to come, still everybody's on it 'cept me.
Trippin on the world 'til we could no more,
Screwing pointless systems, ignoring pointless laws
Challenging pointless justice, fighting pointless wars,
But everyone's on it, 'cept me.
Still waiting for a saving change to come. They got to me,
They'll never get to some.
I know I can't be the only one. Yet everybody's on it 'cept me
Harm reduction is the flag I'll fly, for as long as I live and after I die.
See my life and death if you want to know why
Everybody's on it 'cept me

By Fiona Louise
2025



HANDY SUPPORT SERVICES



Alcohol and other drugs support services

National Alcohol and Other Drug Hotline	1800 250 015	www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline
adis	1800 177 833	www.adis.health.qld.gov.au
Family Drug Support	1300 368 186	www.fds.org.au
PeerQ-NECT	1800 175 889	www.quivaa.org.au
QuIHN	1800 172 076	www.quihn.org

Support services

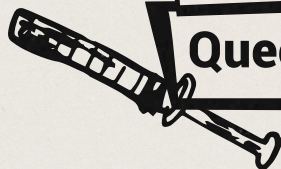
Lifeline	13 11 14	www.lifeline.org.au/gethelp
Mental Health Access Line	1300 642 255	www.qld.gov.au/health/mental-health-and-wellbeing/how-to-get-help/1300-mh-call
Brook Red Warm Line	07 3343 9282	www.brookred.org.au
Beyond Blue Support Service	1300 224 636	www.beyondblue.org.au
Suicide Call Back Service	1300 659 467	www.suicidecallbackservice.org.au
13YARN	13 92 76	www.13yarn.org.au
Aramfi	1300 544 660	www.arafmi.com.au
Mensline Australia	1300 789 978	www.mensline.org.au
Multicultural Connect Line	1300 079 020	www.worldwellnessgroup.org.au/multicultural-connect-line-about
SANE Australia Helpline	1800 187 263	www.sane.org
Qlife (LGBTQIA+)	1800 184 527	www.qlife.org.au
Kids Helpline	1800 551 800	www.kldshelpline.com.au
Defence Family Helpline	1800 624 608	www.defence.gov.au/dco/defence-helpline.asp
Gambling Help	1800 858 858	www.gamblershelp.com.au
1800 Respect	1800 737 732	www.1800respect.org.au
Perinatal Mental Health	1300 726 306	www.panda.org.au



the FREE

Queensland Needle & Syringe

Program app



Access a directory of public and pharmacy Needle & Syringe Program (NSP) sites across Queensland.

Read useful information about safe injecting practices, blood borne viruses and overdose.



The Pharmacy
Guild of Australia



Queensland Government

NEEDLE & SYRINGE PROGRAM LOCATIONS

QulHN Brisbane

1 Hamilton St, Bowen Hills QLD 4006
07 3620 8112 / Mon-Fri 9am – 7pm

QulHN Sunshine Coast

89 Aerodrome Rd,
Maroochydore QLD 4558
07 5443 9576 / Mon-Fri 9am – 7pm

Biala

270 Roma St, Brisbane 07 3837 5600
Mon-Fri 9am – 12pm, 1pm – 4pm

QulHN Gold Coast

Unit 12/89-99 West Burleigh Rd,
Burleigh Heads
07 5520 7900 / Mon-Fri 9am – 7pm

QulHN Townsville

47 Thuringowa Dr,
Kirwan, Townsville 4185
(07) 47358 828 / Mon-Fri 9am – 5pm

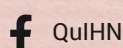
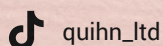
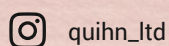
QulHN Southport

Southport Health Precinct
Level 1 16-30 High St,
Southport 4215, Gold Coast, QLD
(07) 56879039 / Mon-Fri 10am-4pm

QulHN Burleigh Heads Gold Coast

Unit 12/89-99 West Burleigh Heads,
Burleigh Heads 4220, Gold Coast, QLD
07 5520 7900 / Mon-Fri 9am – 7pm

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