

**WHAT' S NEWS**

**National Drug Strategy Household Survey  
2022-2023**

**Release My Super  
(Compassionate release of Superannuation)**

**Path2Help**



**Australian Government**

**Australian Institute of  
Health and Welfare**

Drug and alcohol use affects individuals, families and the community.

Every 3 years, people in Australia are asked about their use and opinions of licit and illicit drugs, including alcohol, tobacco, cannabis, e-cigarettes and vapes.

More than 21,000 people across the country took part in the latest National Drug Strategy Household Survey, held in 2022 and 2023. This report presents findings from the survey and looks at what has changed over the past 20 years.

**Click to view the  
National Drug Strategy Household Survey  
2022-2023 Report**



Release My Super assists clients to obtain access to their superannuation savings on *compassionate release of super* grounds for addiction, mental health and IVF treatment.

All three of these applications requires specialist evidence that treatment is necessary because of “acute or chronic mental illness”.

Release My Super specialises in the release of super under mental health provisions and understands the process and the nature of an application to pay for treatment from your superannuation savings to access the treatment of mental health services you may not have been able to afford.

Our health should not be dependent on the depth of our pockets; therefore the ruling around the Compassionate Release of Super Program is welcomed by all Australians.

**[www.releasemysuper.com.au](http://www.releasemysuper.com.au)**



The Path2Help portal by developed by the Alcohol and Drug Foundation for family and friends of people who use alcohol and other drugs. It helps Australians sift through thousands of specialist services to find what's right for them.

Path2Help helps you get support early, as soon as you identify a problem. The portal asks up to 11 questions and provides local, low or no-cost support services based on your answers – you don't need to know what you're looking for, Path2Help's intuitive search function does it all for you.

**[www.adf.org.au/help-support/path2help](http://www.adf.org.au/help-support/path2help)**