***Drafting Instructions and Tips***

Please delete this page before you send your submission

* *The committee wants to hear about lived experiences throughout this inquiry. Please share as little or as much as you are comfortable doing.*
* *You do not have to answer all the questions. If you feel you would only like to answer one and leave the rest blank, you are welcome to do so.*
* *Don’t hesitate to touch on examples in your answers, you can talk about anything you’d like that is relevant to the question.*

***How do I submit?***

You can send your submission to the committee directly on the Parliament House website with a MyParliament account - [lodge my submission](https://www.aph.gov.au/Parliamentary_Business/Committees/OnlineSubmission)

Alternatively, you can email it to the committee secretariat at Health.Reps@aph.gov.au

Personal Submission

**Inquiry into Alcohol and Other Drugs**

Standing Committee on Health, Aged Care and Sports

Name *First name and last name*

Email *email* *address*

Mobile *Best contact number*

**Introduce yourself**

**Why do you want to make this submission?**

**How has alcohol impacted you?**

**What were the biggest challenges in your experience with alcohol?**

**What would have helped or prevented your experience?**

*This can include, services, education, product information*

**What change do you want to see in Australia?**