

Drug & Alcohol Counselling Service

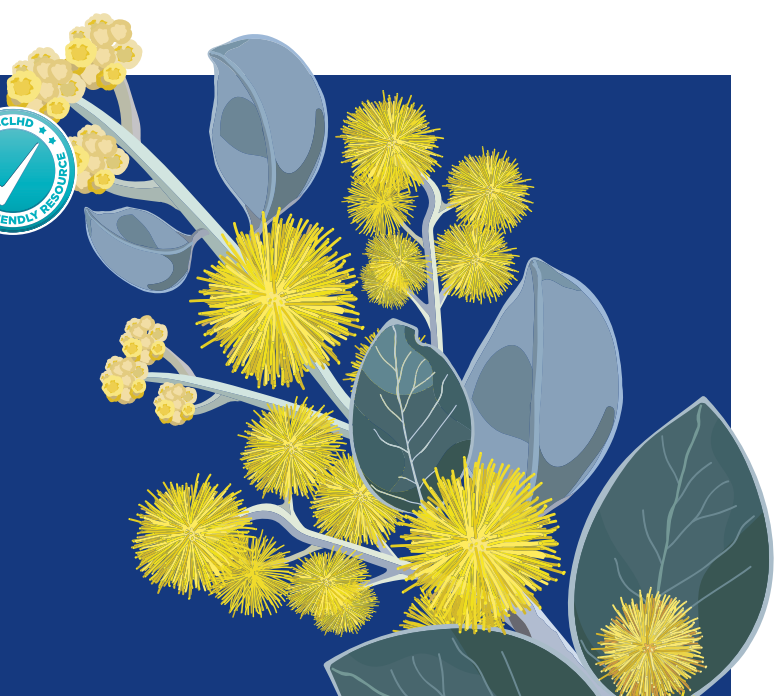


Client Information Brochure

D&A Intake

8.30am – 4.30pm, Monday to Friday

☎ (02) 4394 4880



What does the Drug & Alcohol Counselling service offer?

Community Drug and Alcohol Counselling Service is for people 18 years and over who have a dependence on legal, illegal or prescribed substances.

We provide individual counselling and relapse prevention groups.

We also support families of those attending our service.

Our staff are experienced and qualified clinicians.

Our counsellors understand the complexity of other presenting issues such as mental health, physical health, family and legal issues.

We can assist with referrals to detox, rehabilitation services, and the Relapse Prevention Group where required.



So what is Drug and Alcohol Counselling?

Counselling is with a trained professional in a confidential space and aims to be supportive. Your counsellor would assist you to make agreed upon goals to make life changes to substance use. Working towards these goals may also improve your psychological, physical health and wellbeing.

Our role in your care

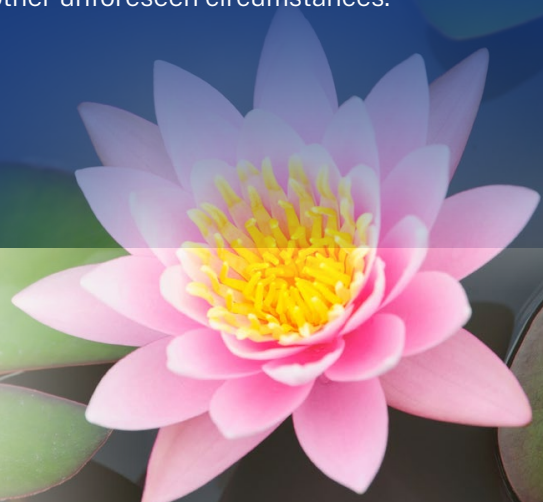
Appointments are available between 8.30 am and 4.30pm weekdays.

We can liaise with other health care and service providers if it assists in your treatment.

We can send you a text reminder for the appointment and will let you know if we need to change your appointment due to staff illness or other unforeseen circumstances.



Central Coast
Local Health District



Aboriginal Services

An Aboriginal Drug & Alcohol Health Worker is available to support and assist in providing a more culturally aware response to the needs of Aboriginal clients and their families.



Central Coast Local Health District Drug & Alcohol Services

8.30am - 4.30pm

Monday to Friday

Phone: (02) 4394 4880

Fax: (02) 4394 4881

PO Box 4200, Lake Haven NSW 2263

www.cclhd.health.nsw.gov.au



Additional CCLHD Drug and Alcohol Services

We are part of an integrated Drug and Alcohol Service that includes:

- Maruma-li Detoxification Unit
- Opiate Treatment programs
- Addiction Medicine
- Substance Use in Pregnancy Service (SUPPS)
- Cannabis clinic
- Youth Drug and Alcohol
- Magistrates Early Referral into Treatment (MERIT)
- Needle and Syringe Program (NSP)
- Relapse Prevention Group
- Drug and Alcohol Aboriginal Support

Services are provided within a harm minimisation framework and include:

Comprehensive assessment, counselling, psychological and social support; relapse prevention; client advocacy; education activities and referrals.

24/7 Support & Emergency Contacts

Alcohol & Drug Information Service (ADIS)

 1800 422 599

A free and confidential counselling helpline

Family Drug Support

 1300 368 186

For families of people who use substances

Mental Health Telephone Access Line

 1800 011 511

If you are worried about your own or someone else's mental health

Police / Fire / Ambulance

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If you or someone else is in need of emergency/urgent help.