



Central Coast
Local Health District

Maruma-Li Inpatient Withdrawal Unit



General Information

What is Maruma-Li?

Maruma-Li is a place for people who are struggling with alcohol and or other drug use.

Maruma-Li is a Medically Assisted Unit that provides a comfortable, safe place to **withdraw** (detox) from alcohol and other drugs. Drug and alcohol treatment services are confidential.

Maruma-Li is located in the grounds of Wyong Hospital on the Central Coast of NSW. The unit has:

- 15 single bed rooms.
- 8 bathrooms.
- dining and lounge common areas.
- a large garden courtyard.

Admission to Maruma-Li is voluntary.

Smoking is not permitted, however NRT (Nicotine Replacement Therapy) is provided.



What to expect

Withdrawing from alcohol or other drugs can cause mild to severe symptoms. This can depend on what type of drug is being used, how long its been used, as well as a persons physical and mental wellbeing. For this reason treatments can be different.

Maruma-Li clients are assessed on admission and a treatment plan is made. A stay can vary from 3–14 days but generally will be about 5 days. Doctors and nursing staff are available to provide treatment and support to clients 24 hrs a day throughout their stay.



Ph: 4394 4880

**Drug & Alcohol Services
Intake Officer**



Is there a cost?

If you provide a current Australian Medicare card there is no cost for staying in Maruma-Li.

Are there conditions?

The short answer is yes.

Maruma-Li must be a safe and supportive place for all clients and the staff. Some things you should be aware of are:

- Admission to Maruma-Li is voluntary and a person will not be forced to stay against their will. However, when a person enters Maruma-Li they are expected to stay within the unit until discharge. Periods of leave aren't allowed.
- Visitors and personal phone calls aren't permitted during the stay.
- Smoking isn't allowed – but, Nicotine Replacement Therapy (NRT) is provided if you choose.

A full list of the conditions of entry must be agreed to before entering the unit. Please call the Drug and Alcohol Intake Officer for a full explanation of conditions. The Intake Officer can answer any other questions you might have.

If you are struggling with alcohol or other drug use and need a safe and comfortable place to withdraw, call the Drug & Alcohol Services Intake Officer:

4394 4880

Between 8.30 am – 4.30 pm

Monday to Friday



Getting There

Maruma-Li is located within the grounds of Wyong Hospital, Pacific Highway Hamlyn Terrace.

Buses run from Wyong Station to Wyong Hospital:
Busways No 79, 80, 81 / Red Bus CDC No 26

Transport Info:

Busways Central Coast.....	1300 69 29 29
Cityrail Infoline.....	131 500
Countrylink Information	132 232
Central Coast Taxis	131 008
.....	or 4324 6444

Useful Phone Numbers

Central Coast Health Drug & Alcohol Services.....	4394 4880
Alcohol & Drug Information (ADIS)	1800 250 015
Family Drug Support.....	1300 368 186
Mental Health Access Line	1800 011 511
Lifeline.....	131 114
Youth Health.....	4356 9333
Domestic Violence Line	1800 656 463
Coast Shelter (Central Coast)	4325 3540
Emergency Accommodation (Link to Home)	1800 152 152
Sexual Health Clinic	4320 2114
Sexual Assault.....	4320 3175
Hepatitis info Line.....	1800 803 990
G Line (Gambling Helpline).....	1800 633 635
Alcoholic Anonymous Central Coast	4323 3890
Narcotics Anonymous (NA)	1300 652 820
NA meetings call or SMS.....	0488 811 247

**Central Coast Local Health District
Drug & Alcohol Services
Ph: (02) 4394 4880, Fax: (02) 4394 4881
www.cclhd.health.nsw.gov.au**