

# Drug & Alcohol Counselling Service



Health  
Central Coast  
Local Health District

Ph: 4394 4880

## So what is counselling?

A counselling relationship provides a confidential service where you develop a working relationship with a trained professional within which you can safely and effectively make life changes that improve your psychological, physical health and wellbeing.

It is a supportive process where you can discover your own strengths and learn to deal with your individual challenges and difficulties. It may involve education and skill building and can assist you to find workable and meaningful solutions.

## What does the Drug & Alcohol Counselling Service offer?

- Services to people 18 years and over who have a dependence on legal, illegal or prescribed substances.
- Experienced counsellors – nurses, social workers, psychologists and clinical psychologists specialised in substance related psychological treatment.
- Support to families of those with substance use problems.

Our counsellors understand the complexity of mental health, physical health, family and legal issues that are often part of our client's stories.

We are part of a wider health service which also provides medical support and inpatient detoxification for clients who find themselves physically addicted to a substance.

## Our role in your care

We aim to offer a timely and effective service. We try to offer flexible appointment days and times.

At present we offer appointments between 8.30 am and 5 pm weekdays. An SMS reminder can be sent to you to remind you of your appointment.

Whenever possible you will be contacted by our admin staff if your counsellor is unable to see you at the scheduled time due to illness or other unforeseen circumstances.

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

An Aboriginal Drug & Alcohol Consultant is employed to assist our service in providing a more culturally aware response to the needs of Aboriginal clients and their families.

*Our staff are  
committed to  
provide a service  
that offers respect,  
dignity and  
compassion to all  
clients*

## Your role in your care

Attending counselling may seem overwhelming, but in order to get the most you can from our service it is important to be as open and honest about your situation, thoughts, and feelings as you can. Although counselling may help you work through some difficult issues, how you apply this in everyday life is up to you.

Attending scheduled appointments is essential. If you are running late, or you are unable to attend your appointment, please phone 4320 3057 as soon as possible to reschedule.

Our service is in high demand, and we aim to provide service to our clients as quickly as possible. Repeated non-attendance or cancellation may mean you are discharged from the service.

You can expect that our counsellors will treat you with respect, and they in turn expect this from you. Please do not attend appointments under the influence. Be aware that NSW Health has a Zero Tolerance To Aggression Policy

## Group Programs

### Men's Group

Is a group especially for men struggling with substance use issues. Very experienced clinicians facilitate this weekly group that has been running for 20 years.

This group aims to provide a safe place for men at all stages of recovery to gain support and insight into their issues.

This group is held on Wednesdays from 10 am – 12 noon at Lake Haven Community Health Centre.

### Relapse Prevention Group (RPG)

This group program provides education and support for all clients wanting to maintain changes to their substance use.

The program comprises 4 weekly sessions and is held Wednesday mornings between 9.30 am to 11.00 am in Donnison Street, Gosford.

Session 1 begins on the first Wednesday of the month.

## Drug and Alcohol Counselling Service

Counselling services are available at the following Community Health Centres:

- Gosford
- Erina
- Wyong
- Lake Haven
- Woy Woy
- Long Jetty
- Kanwal

Hours of operation are:

8.30 am to 5.00 pm – Monday to Friday

### After hours emergency contact numbers

Ambulance/Police 000

Alcohol & Drug Information Service 24 hrs  
1800 422 599

NSW Mental Health Telephone Access Line  
1800 011 511

#### FURTHER INFORMATION

Central Coast Local Health District  
Drug & Alcohol Services Counselling Service  
Telephone 4394 4880 (8.30 am to 4.30 pm weekdays)  
[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)



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