

# 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.



Health  
Central Coast  
Local Health District

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**

## 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.



## Getting There

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

Buses run from Wyong Station to Wyong Hospital:  
Busways No 80, 82 / Red Bus No 26

### TRANSPORT INFO:

Busways Central Coast.....4392 6666  
Cityrail Infoline.....131 500  
Countrylink Information .....132 232  
Central Coast Taxis ..... 131 008 or 4324 6444

## Contact details:

### Central Coast Local Health District Drug & Alcohol Services

Tel. 4394 4880 Fax. 4394 4881

[www.cclhd.health.nsw.gov.au](http://www.cclhd.health.nsw.gov.au)

## Useful Phone Numbers

Central Coast Health Drug &  
Alcohol Services..... 4394 4880  
Alcohol & Drug Information  
(ADIS)..... 1800 422 599  
Family Drug Support..... 1300 368 186  
Mental Health Access Line.....1800 011 511  
Lifeline.....131 114  
Youth Health ..... 4320 2856  
Domestic Violence Line..... 1800 656 463  
Coast Shelter (Central Coast) ..... 4325 3540  
Emergency Accomodation  
(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