

NATIONAL

Lifeline 13 11 14

www.counsellingonline.org.au is a service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction. This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend.

Counselling Online is available 24 hours a day, 7 days a week, across Australia. They Provide: Drug and alcohol counselling online, using text-communication, 24/7 access to professional, qualified counsellors, Information, support and referral for drug users, family members and others
DirectLine 1800 136 385

NSW

Telephone Crisis and Information Lines

Alcohol & Drug Information Service (ADIS) (02) 9361 8000 (outside metro area) 1800 422 599

ACON Hotline (02) 9206 2000 (Aids Council of NSW) (outside metro area) 1800 063 060

ARAFMI (Assoc of Relatives & 1800 655 198 Friends Of Mentally Ill) (02) 9332 0700

Cannabis Quit Line Ring ADIS (02) 9361 8000 (outside metro area) 1800 422 599

Child Abuse Prevention Service (02) 9716 8000

DAMEC (Drugs & Alcohol Multicultural Ethnic Centre) (02) 9699 3552

Dept Of Community Services (DOCS) Helpline 13 21 11

Domestic Violence Advice 1800 656 463 (24 Hours)

Drug Arm 1300 656 800

Family Drug Support 1300 368 186

GLine (Gambling) 1800 633 635

GROW (Mental Health Support) (02) 9569 5566 (outside metro area) 1800 032 120

Hepatitis C Info/Support Line (02) 9332 1599 (outside metro area) 1800 803 990

Homeless Persons Information (02) 9265 9081

Kids Helpline (National) 1800 551 800

Kirketon Road Centre (02) 9360 2766

Mental Health Info Line (02) 9816 5688 (outside metro area) 1800 674 200

Needle Clean Up Hotline 1800 633 353

NSW Quit Line 13 18 48

Orana House (02) 4223 8155

Parent Line 13 20 55

Poisons Information Line 13 11 26

Suicide Prevention (Salvo Crisis Line) (02) 9331 2000

Translating & Interpreting Service 13 14 50

Wayside Chapel Crisis Centre (02) 9358 6577

NUAA (NSW Users & Aids Association) (02) 8354 7300 (outside metro) 1800 644 413

The Carer's Association 1800 242 636

Self Help and Support Groups

Alcoholics Anonymous (02) 9799 1199

Al Anon (Family Support Group) (02) 9264 9255

Nar Anon (Family Support Group) (02) 9418 8728

Narcotics Anonymous (02) 9212 3444

Legal Services

Community Legal Centre (02) 9318 2355

Crime Stoppers 1800 333 000

Drug Court of NSW (02) 9895 4511

Law Access 1300 888 529

Legal Aid Hotline (under 18's) 1800 101 810

Redfern Legal Centre (02) 9698 7277

Methadone Program Services

For number for public and private services ring 1800 642 428

ACT

ADIS (Alcohol & Drug Info Service) (02) 6207 9977
DIRECTIONS ACT (02) 6122 8000
Domestic Violence Crisis Service (24hrs) (02) 6280 0900
FFDLR (Family & Friends for Drug Law Reform) (02) 6254 2961
Gline (problem gambling) 1800 633 635
Grow (Mental Health Support) (02) 6295 7791
Hepatitis C Council line ACT (02) 6253 9999
Legal Aid Helpline 1300 654 314
Mental Health Crisis Team 1800 629 354
Parent Line (02) 6278 3833
Quit Line (02) 6262 2222
WIREDDD (Women's Information Resources & Information Drugs and Dependency) (02) 6248 8600

Northern Territory

ADIS (Alcohol and Drug Info Service) (08) 8922 8399 (outside metro area) 1800 131 350
Amity Community Service 1800 629 683 (24 hr)
Grow (Mental Health Service) (08) 8945 4096
Hepatitis C & Aids Council (08) 8941 1711 (outside metro area) 1800 880 899
Legal Aid 1800 019 343

Central Australia

ADIS (Alcohol and Drug Info Service) (08) 8951 7580 (outside metro area) 1800 131 350
Crisis Line 1800 019 116
Drug and Alcohol Services Association Alice Springs (08) 8952 8412

Queensland

ADIS (Alcohol and Drug Info Service) (07) 3837 5989 (outside metro area) 1800 177 833
Grow (Mental Health Support) (07) 3394 4344
Hepatitis C Council of QLD (07) 3229 3767 (outside metro area) 1800 648 491
Legal Aid 1300 651 188
Narcotics Anonymous (07) 3391 5045
Parent Line 1300 301 300

South Australia

Family Drug Support (08) 8384 4314 0401 732 129
ADIS (Alcohol & Drug Info Service) 1300 131 340
Grow (Mental Health Service) (08) 8321 4233
Hepatitis C Council of SA (08) 8362 8443 (outside metro area) 1800 021 133
Legal Aid 1300 366 424
Nar-Anon (08) 8272 8228

Tasmania

Alcoholics Anonymous Hobart (03) 6234 8711 Launceston (03) 6334 7060
ADIS (Alcohol and Drug Info Service) 1800 811 994
Drug Education Network (03) 6228 9144
GROW (Mental Health Services) (03) 6223 6284
Legal Aid 1300 366 611
Support line & Info (03) 6234 1242 (HIV, Hep C)(outside metro) 1800 005 900

Victoria

Alcoholics Anonymous 03 9429 1833 (Mornington peninsula) 1300 880 390
Direct Line (Alcohol and Drug Info Service) (03) 9278 8100 (outside metro) 1800 888 236
Australian Drug Foundation 1300 858 584
Drug and Alcohol Helpline 1800 069 700
Family Drug Help 1300 660 068
Grow (Mental Health Support) (03) 9890 9846 (outside metro) 1800 604 066

Hepatitis C Council of Vic (03) 9380 4644 (outside metro area) 1800 703 003
Legal Aid (03) 9269 0120 (outside metro area) 1800 677 727
Suicide Helpline 1300 651 251
Turning Point Drug & Alcohol (03) 8413 8444 Centre Turning Point 1800 888 236 24 hrs
DrugInfo Clearinghouse at Australian Drug Foundation 1300 858 584
Family Drug Helpline 1300 660 068 24 hours
Parent Zone - Moreland Hall 1800 888 236
Youth Substance Abuse Service (YSAS) 1800 014 446

Western Australia

ADIS (Alcohol & Drug Info Service) (08) 9442 5000 (outside metro area) 1800 198 024
Grow (Mental Health Support) (08) 9328 3344
Hepatitis Council WA (08) 9328 8538 (outside metro area) 1800 800 070
Legal Aid 1300 650 579
Narcotics Anonymous (08) 9227 8361
Parent Drug Info Service (08) 9442 5050 (outside metro area) 1800 653 203

The Following is a list of Therapeutic Communities in Australia and New Zealand.

Therapeutic Communities (T.C's) all provide residential treatment for a whole raft of addictions. Many of these places will have waiting lists, but if people persevere and do all that is required of them, then they will get admission to one of these places. The one essential is that they follow the instructions of the Admissions person/counsellor. For instance, when the person on the end of the phone asks a client to phone each Wednesday at 9 A.M., it is imperative that they do it or they will lose the place. Rehabs these days are very stretched, and they look for people that are willing to take responsibility for themselves by having them follow through on initial enquiries.

If you are having problems with alcohol and/or drugs then remember, your recovery is ultimately up to you. Treatment is **discovery**, and the rest of your life is your **recovery**. Rehabs provide the kick start, but you must show that you are willing to put in the footwork and do the rest. For instance, if you do not take the initiative to go to an AA or an AA meeting or follow through in any other way with your recovery, just because you don't feel like it, then you must question what you think a few weeks or months are going to do for you in a rehab.

Anyone can stop using in a rehab...it is rejoining society and living life on life's terms that is the important thing.

New South Wales

The Buttery
Phone: (02) 6687-1111
Fax: (02) 6687-1039
PO Box 42 Bangalow NSW 2479
info@buttery.org.au
www.buttery.org.au

Kamira Farm
Phone:(02) 4392-1341
PO Box 284 NORTH WYONG NSW 2259
chewett@kamira.com.au

The Lyndon Community
Phone: (02) 6362-5444
Fax: (02) 6344-2041
PO Box 51 CANOWINDRA NSW 2804
cmills@lyndoncommunity.org.au
www.lyndoncommunity.org.au

Ngara Nura Therapeutic Program
Long Bay Correctional Centre
Phone: (02) 9289-2644
Fax: (02) 9289-2577
Locked Bag 23 Matraville NSW 2036
Peter.Townsend@dcs.nsw.gov.au

Odyssey House McGrath Foundation
Phone: (02) 9820-9999
Fax: (02) 9820-1796
PO Box 459 CAMPBELLTOWN NSW 2560
jap@odysseyhouse.com.au
www.odysseyhouse.com.au

The Peppers
Phone: (02) 6926-6813
PO Box 618 WAGGA WAGGA NSW 2650
thepepp@bigpond.net.au

The Salvation Army Rehabilitation Service Centre
Phone:(02) 9212-4000
Fax: (02) 9281-9771
85 Campbell Street SURRY HILLS NSW 2010

Ted Noffs Foundation
Phone:(02) 9310-0133
Fax: (02) 9310-0020
PO Box 120 RANDWICK NSW 2031
www.noffs.org.au

WHOS
Phone:(02) 9318-2980
Fax: (02) 9318-1987
PO Box 1237
Strawberry Hills NSW 2012
info@whos.com.au
www.whos.com.au

Wollongong Crisis Centre
Phone:(02) 4272-3000
Fax: (02) 4271-6173
PO Box 25 BERKELEY NSW 2506
manager@wccaod.com

Queensland

Gold Coast Drug Council - Mirikai
Phone: (07) 5535-4302
Fax: (07) 5576-2512
PO Box 2655 BURLEIGH MDC QLD 4220
www.gcdrugcouncil.org.au

Goldbridge
Phone:(07) 5591-6871
PO Box 3519 Australia Fair Southport QLD 4215
info@goldbridge.com.au
www.goldbridge.com.au

Logan House – ADFQ
Tel: (07) 5546-3900
Fax: (07) 5546 8223
75 Kirk Road
CHAMBERS FLATS QLD 4133
www.loganhouse.org.au

Victoria

Odyssey House Victoria
Phone: (03) 9430-1800
Fax: (03) 9431-0816
28 Bonds Road LOWER PLENTY VC 3093
www.odysseyhouse.org.au

The Salvation Army Basin Centre
Phone: (03) 8762 1166
Fax: (03) 9762 5767
PO Box 34
The Basin Vic 3154
the.basin@aus.salvationarmy.org
www.salvationarmy.org.au/thebasin

The Windana Society
Phone:(03) 9529-7955
88 Alma Road EAST ST KILDA VIC 3182
www.windana.org.au

YSAS Birribi
Phone: (03) 9415-8881
Fax: (03) 9430-2301
PO Box 2950 FITZROY VIC 3065
www.ysas.org.au

ACT

Canberra Recovery Services (Salvation Army)
Phone: (02) 6295-1256
Fax: (02) 6295-3766
PO Box 4181 KINGSTON ACT 2604
robert.sneller@aue.salvationarmy.org

Karralika - ADFACT
Phone: (02) 6292-2733
Fax: (02) 6292-7072
PO Box 2230 Tuggeranong ACT 2230
clinicaldir@adfact.org
www.adfact.org

Northern Territory

Banyan House - Foster Foundation
Phone: (08) 8947-0832
Fax: (08) 8947-1093
PO Box 312 Berrimah NT 0828
NSW QLD VIC ACT NT SA WA NZ

South Australia
Uniting Care Wesley Adelaide Inc.
Phone:(08) 8556-7320
Fax: (08) 8556-7371
GPO Box 2534 ADELAIDE SA 5001
www.ucwesleyadelaide.org.au

Western Australia

Cyrenian House - WA (Council on Addiction)
Phone:(08) 9328-9200
PO Box 49 NORTHBRIDGE WA 6865
www.cyrinianhouse.com

Palmerston Association
Phone: (08) 9328-7355
Fax: (08) 9227-9158
PO Box 80 NORTHBRIDGE WA 6003

Serenity Lodge
Phone: (08) 9527 9999
Fax: (08) 9592 4711
106 Lewington St
Rockingham WA 6168
seren@iinet.net.au

New Zealand

Care NZ
Phone: + 64 (0) 4384 2958
PO Box 9183
Wellington NZ
www.carenz.co.nz

Higher Ground Drug Rehabilitation Trust
Phone: 0011 64 9 834 0017
Fax: 0011 64 9 834 0018
118 Beach Road, Te Atatu Peninsula,
Waitakere City 0610, New Zealand
PO Box 45 192, Te Atatu Peninsula,
Waitakere City 0610, New Zealand
www.higherground.org.nz
hgdrt@xtra.co.nz
stuart@higherground.org.nz

Odyssey House Trust
Phone: 0011 64 3 358 2690
Fax: 0011 64 3 358 2907
PO Box 34009 FENDALTON CHRISTCHURCH NZ 8030
odyssey.trust.chch@clear.net.nz
www.odysseyhouse.com.au

Odyssey House Trust Inc.
Phone: 0011 64 9 828 7802
Fax: 0015 64 9 6239 151
Private Bag MBE M230 AUKLAND NZ