

Other Useful Contacts

- > **ACT Health 24hr Helpline**
Phone 6207 9977
www.health.act.gov.au
- > **Aids Action Council of the ACT**
Phone 6257 2855
www.aidsaction.org.au
- > **Alcoholics Anonymous**
Phone 1300 22 22 22
www.aacanberra.org
- > **Diversity ACT**
Phone 6232 3126
www.diversityact.org.au
- > **Family Drug Support**
Phone 1300 368 186
www.fds.org.au
- > **Nar-Anon**
Phone 02 8004 1214
www.naranon.com.au
- > **Narcotics Anonymous**
Phone 1300 652 820
www.na.org.au
- > **Smart Recovery Australia**
Phone 02 9373 5100
www.smartrecoveryaustralia.com.au
- > **The Junction Youth Health Centre**
Phone 6232 2423
www.anglicare.com.au



Directions
Pathways to Recovery

Level 6 Cosmopolitan Centre
Woden Square ACT 2606

PO Box 538 Woden ACT 2606

P – 02 6132 4800

F – 02 6132 4801

E – reception@directionshealth.com

directionshealth.com

facebook.com/directionsaod

twitter.com/directionsaod

Directions Health Services acknowledges the traditional owners of the Canberra region, upon whose land we walk, their ancestors and elders both past and present. We also value the contribution diverse cultures, identities and lifestyles make to our region and the richness of our society.



Directions
Pathways to Recovery

Alcohol and Other Drug Services in the ACT



Directions Services

Phone 6132 4800
www.directionshealth.com

Directions services are available for individuals impacted by alcohol and other drug use and their families and friends.

Treatment and Support Service

Free counselling and case management services.

Support Groups

Directions facilitated groups include SMART Recovery, Compass Family Support Group, Alcohol Drug Awareness and harm Prevention Training (ADAPT), Grief, Loss and Change and Mindful Self-Compassion.

Externally facilitated groups include Alcoholics Anonymous, Al-Anon and Narcotics Anonymous.

Althea Wellness Centre

Primary health prevention, treatment and psychological services.

Arcadia House

Withdrawal, Transition (residential rehabilitation) and Day Programs.

Needle and Syringe Program (NSP)

Free injecting equipment and support services are available at Civic and Woden Primary NSPs. Injecting equipment is also available at Hepatitis ACT, AIDS Action Council, ACT Health Centres and can be purchased from participating pharmacies and vending machines (visit www.directionshealth.com for more information).

Awareness and Education sessions

For government, non-government and commercial organisations.

Other ACT Services

Alcohol and Drug Service

Phone 6207 9977
www.health.act.gov.au
Withdrawal unit, medical team, opioid substitution treatment, consultation liaison, counselling, treatment and diversion services.

CAHMA

Phone 6279 1670
www.cahma.org.au
Peer-based drug user group providing support and education workshops, information on safe injecting practices, overdose prevention and management training, referral and advocacy.

Gugan Gulwan - Youth Aboriginal Corporation

Phone 6296 8900
www.gugan-gulwan.com.au
Drug and alcohol service support, counselling, advocacy and education, withdrawal management and support groups.

Hepatitis ACT

Phone 1300 301 383
www.hepatitisact.com.au
Hepatitis-related information and education, training and workforce development, health promotion, prevention, resource distribution, support, advocacy and referral.

Karralika Programs Inc

Phone 6163 0200
www.karralika.org.au
Residential rehabilitation program for adults, couples and families with children, short stay, halfway, outreach, sober driver and healthy eating and active lifestyles programs, case management, education, therapeutic groups and creative therapies.

The Salvation Army Canberra Recovery Services Centre

Phone 6295 1256
www.salvos.org.au
Residential rehabilitation, aftercare and transition programs, counselling, case management, referral, advocacy, support and vocational education.

Catholic Care - Sobering Up Shelter

Phone 6163 7600 and 6163 3711
www.catholiccare.cg.org.au
Provides confidential overnight support and care for intoxicated people. Also offers follow up support.

Noffs Foundation - Canberra

Phone 6123 2400
www.noffs.org.au
Residential adolescent drug withdrawal and rehabilitation programs for people aged 13 to 18yrs. For community support and Street Uni programs for people aged 12 to 25yrs call 6218 6700.

Toora Women Inc

www.toora.org.au
Phone 6241 7233
Residential and transition programs for women and women with children. For WIREDD day program and counselling services for women call 6248 8600.

Winnunga Nimmityjah Aboriginal Health Services

Phone 1800 110 290 or 6284 6222
www.winnunga.org.au
Support before, during and after withdrawal, health services, counselling and advocacy, education and information, counselling, case management and advocacy.