Directions Health Services is a not-for-profit organisation that provides a range of integrated services and programs for individuals, family members and friends impacted by alcohol, tobacco and other drug use, mental health and other complex health issues.

Services are based on a harm minimisation approach and are provided in a non-judgemental and respectful manner. Our client-centred services recognise the different goals people have regarding their substance use and the other health and wellbeing issues, as well as the impacts on families, friends and communities. Directions' programs hold AGPAL, QIP and IHCA accreditation.

Head office

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
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directionshealthservices

Directions Health Services acknowledges the traditional custodians of the lands upon which we live and work, their ancestors and elders both past and present, and other represented Aboriginal and Torres Strait Islander nations. We are committed to actions that promote a positive future for all Aboriginal and Torres Strait Islander communities.

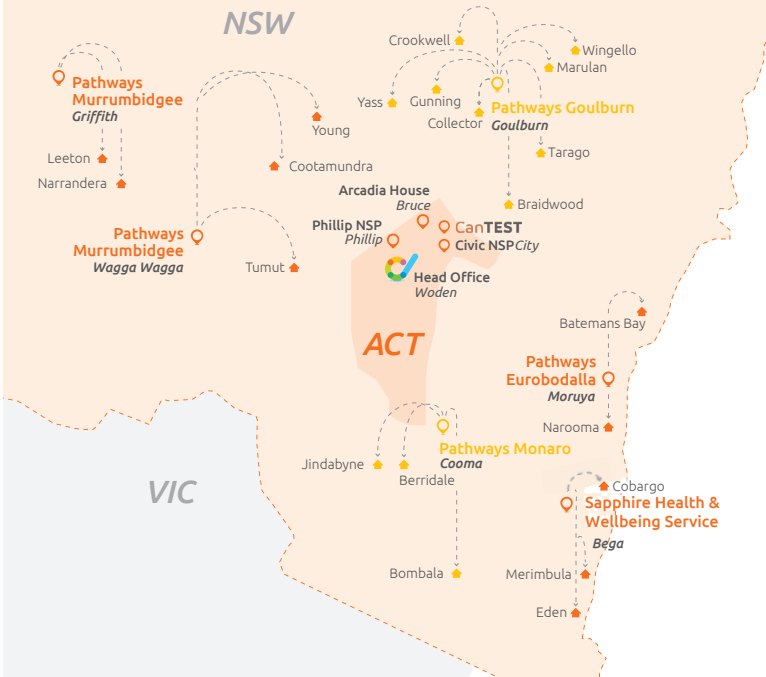
Directions also acknowledges the valuable contributions made by people with lived experience and other diverse cultures, identities and lifestyles to both our services and our communities.

Directions
Pathways to Recovery

Directions
Pathways to Recovery

Programs & Services

For people impacted by alcohol, tobacco and other drugs and mental health issues



Programs and Services

Althea Wellness Centre and PAT

Althea Wellness Centre is a specialist primary health clinic providing GP, nursing, psychiatry, psychology, pharmacology and counselling services for individuals and their families impacted by current or past alcohol and other drug use, mental health and other complex health and wellbeing issues.

Appointments can be made at our Woden office. Mobile outreach services are also provided on a drop-in basis to a variety of locations across the ACT utilising Chat to PAT mobile clinic, and through in-reach to other organisations.

Teen Clinic

Teen Clinic provides free drop-in nurse led health services for young people. Young people will also be supported to link with GPs and other health and wellbeing services in the community.

Arcadia House

Arcadia House is a Therapeutic Community nestled in a bushland setting within the grounds of Calvary Hospital in Canberra.

It offers a range of rehabilitation programs, including a 12 week residential program with additional step-down 4 week day program; a 12 week day program and a 1-2 week withdrawal program. Continuum of Care support is provided to clients prior to admission and on discharge.

Arcadia House supports clients to abstain from alcohol, tobacco and other drugs and develop positive life skills that can be utilised to achieve personal goals and maintain a healthy lifestyle.

Treatment and Support Services

Treatment and Support Services (TSS) include a range of community based services for individuals, families and friends impacted by alcohol, tobacco and other drug issues. These are provided by the ACT TSS team in the ACT, Pathways services in Eurobodalla, Monaro, Goulburn and Murrumbidgee regions and the Sapphire Health & Wellbeing Service in the Bega Valley. Outreach services are provided to other organisations and communities in the ACT and NSW regions.

Services include free confidential counselling for individuals wishing to address their substance use and for family members and friends affected by another person's use. Clients with complex needs can access our mental health services as well as case management support for housing, relationships, employment, child protection, legal, financial or other concerns. A variety of group programs are available during the day and in the evening.

People seeking assessment or needing to address more urgent concerns may telephone or drop-in to the Woden office or telephone their local NSW service location during business hours.

Locations and contact details for ACT and NSW offices, and details of the services and group timetables can be found on our website.

CanTEST

CanTEST Health & Drug Checking Service is a completely free and confidential fixed site pill/drug checking service located at 1 Moore St in Canberra City. You can access the service to discuss any health needs you have with a nurse, and/or have your pills or drugs tested.

Needle and Syringe Program

The Needle and Syringe Program (NSP) is a public health measure that provides sterile injecting equipment to prevent the spread of blood borne viruses. The primary NSPs are located in Civic and Phillip and supply a range of free injecting equipment and condoms, information on safe injecting practices, harm reduction and health protection measures, healthcare, general information and support and free meals.

Free fit packs are also available through Community Health Centres & Walk In Centres during business hours, and can be purchased through participating pharmacies and vending machines. Current NSP outlet information is available on our website.

Feedback and Complaints

What you think about our service matters. If you have a complaint, ask to speak with a Team Leader. Alternatively you can contact the Chief Operating Officer or Chief Executive Officer on 02 6132 4800. You're also welcome to provide any feedback to our Community Advisory Group by emailing cag@directionshealth.com

Privacy

All Directions services are confidential. Client consent is required to share information with other services or people, unless required under legislation.

My Way by Owen Lyons