



NSW

# Post Custodial Support

Holistic support for people aged over 18 years old exiting custody who are at risk of harm from alcohol and other drugs.

Directions Post Custodial Support (PCS) program will work with you to assess your needs and develop an individual support plan that represents your preferences and assists you to achieve your goals.

You can be referred by staff in the Correctional Centres, or you can refer yourself.

PCS recognises that many people exiting custody have increased barriers to accessing care and support. Supports we can provide may include:

- Finding housing
- Drug and alcohol counselling
- Relapse prevention planning
- Access to health care
- Assistance creating new social connections
- Support finding employment, training or work experience

PCS can connect with you prior to your release in either Junee, Goulburn, Cooma or South Coast Correctional Centres. We can provide support up to 3 months prior to your release, on the day of release and up to 12 months post-release. To find out more, please get in touch:



Email us

[postcustodial@directionshealth.com](mailto:postcustodial@directionshealth.com)