

## **Drinkwise**

If your drinking is harming yourself or others, it may be time to contact one of the many services that can help. You could speak to your GP, local health service or call a helpline. There are trained telephone counsellors available in every Australian state and territory.

Website: <https://drinkwise.org.au/drinking-and-you/support-services-adults>

### **Drug and Alcohol Services**

Each year, Victoria's alcohol and drug treatment and support system helps around 40,000 Victorians who are struggling with dependence on alcohol or other drugs. A broad spectrum of community-based and residential treatment options are provided by a skilled and dedicated workforce that is committed to providing excellent and effective services to the people who need them

Visit website <https://www2.health.vic.gov.au/alcohol-and-drugs>

### **Drug Info**

A valuable source with numerous contacts including helplines, websites and locations of service providers.

Call: 1300 85 85 84

Website: [www.druginfo.adf.org.au/contact-numbers/help-and-support](http://www.druginfo.adf.org.au/contact-numbers/help-and-support)

### **Family Drug Support**

Offer a seven day, 24 hour telephone line Australia-wide, manned by volunteers offering help to diffuse crisis, proffering strategies for coping and giving any information required. We believe families are important.

Call: 1300 368 186 (24/7 Support Line)

Website: <http://www.fds.org.au>