



To build vibrant, creative and resourceful communities that value people and the planet.

## Drug and Alcohol Services

### Alcohol and Drug Information Service (ADIS) NSW

Phone: 1800 250 015

Website:

<https://yourroom.health.nsw.gov.au/getting-help/Pages/adis.aspx>

Services:

- 24 hour support line to call about personal issues with alcohol or other drugs, concerned about someone else or just have general questions
- Available for support, information, counselling and referral to services in NSW
- ADIS Web Chat is also available from Monday-Friday 8:30am-6:00pm (including public holidays)

### Alcohol and Drug Foundation

Address: Suite 903, Level 9

122 Arthur Street, North Sydney NSW 2059

PO Box 338, North Sydney NSW 2059

Phone: 1300 85 85 84

Website: <https://adf.org.au/>

Email: [adf@adf.org.au](mailto:adf@adf.org.au)

CDAT Contacts:

Nowra CDAT: Nicole Kirby - [nkirby@syfs.org.au](mailto:nkirby@syfs.org.au)

Shellharbour-Kiama CDAT: Sharon Parker

- [nknc@hotmail.com](mailto:nknc@hotmail.com)

Wollongong CDAT: Radda Jordan -

[jordanr@wollongong.nsw.gov.au](mailto:jordanr@wollongong.nsw.gov.au)

ADFV designs and delivers a range of community programs, services and resources targeted at preventing and minimising alcohol and other drug related harm.

Services:

- Local Drug Action Teams (LDATs): supports communities to work together to prevent and minimise the harm caused by alcohol and other drugs (Wollongong LDAT, Illawarra LDAT)
- Community Drug Action Teams (CDATS): Volunteers who lead activities to engage at risk youth, educate parents and the wider community (Nowra CDAT, Shellharbour-Kiama CDAT, Wollongong (CDAT)
- Provide a range of educational and informational resources on website in a variety of languages



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<p><b>Alcoholics Anonymous (AA)</b>          Website: <a href="https://aa.org.au/">https://aa.org.au/</a>          AA Helpline: 1300 222 222</p>	<p>Services:</p> <ul style="list-style-type: none"> <li>- AA is an informal society of men and women who share their experiences with each other so that they may solve their common problem and help others recover from alcoholism</li> <li>- Meeting are held in various locations all around Australia, details of meeting can be found under the 'Meetings' tab on the website</li> </ul>
<p><b>First Step Program – HIV/AIDS &amp; Hep C Prevention Service</b>          Telephone: 4275 1529 (primary office)</p> <p>Port Kembla          Address: Port Kembla Hospital (Opposite Sexual Health Clinic). Cnr Cowper &amp; Fairfax St, Warrawong, 2502.          Office Hours: Monday–Friday, 8:30am-5:00pm</p> <p>Wollongong          Address: The Orana Centre, 2 Rawson Street, Wollongong          Telephone: 4254 2700          Office Hours: Monday–Friday, 8:30am-5:00pm</p>	<p>Services:</p> <ul style="list-style-type: none"> <li>- Clean needles and syringes</li> <li>- Condoms (on request)</li> <li>- Information</li> </ul> <p>Vending machine access (24/7):</p> <ul style="list-style-type: none"> <li>- Wollongong Hospital (5 pack of syringes \$3)</li> <li>- Shellharbour Hospital (Five pack of syringes \$3)</li> <li>- Shoalhaven Hospital (access is free)</li> <li>- Milton Hospital (access is free)</li> <li>- AMS Nowra (8:30-5:00, 5 pack of syringes \$3)</li> </ul> <p>Secondary offices include:</p> <p>Shoalhaven Hospital – Nowra (Accident &amp; Emergency)          Bulli Community Health Centre – Princes Highway, Bulli          Warilla Community Health Centre – Belfast Ave, Warilla          Dapto Community Health Centre – Marshall St, Dapto          Nowra Community Health Centre – Lawrence Ave, Nowra          Ulladulla Community Health Centre, Princes Highway, Ulladulla          CHAIN – Denison St, Wollongong          ACON – Kenny St, Wollongong</p>
<p><b>Illawarra Drug &amp; Alcohol Service (IDAS)</b>          Website: <a href="http://www.islhd.health.nsw.gov.au">www.islhd.health.nsw.gov.au</a>          Address: Suite 3, Diamond Plaza, 65-67 Burelli St, Wollongong          Office Hours: Monday-Friday, 8:30am-5:00pm          Phone: (02) 4254 2700 or 1300 652 226</p>	<p>The Illawarra Drug &amp; Alcohol Service is the central entry point for people in need of drug and alcohol support services in the Wollongong district.</p> <p>Services:</p> <ul style="list-style-type: none"> <li>- Drug and Alcohol Counselling</li> <li>- Drug and Alcohol Information and Referral Helpline</li> <li>- First Step Program</li> <li>- Group Programs</li> <li>- Hospital Consultation Service (Inpatients)</li> <li>- Illawarra and Shoalhaven Aboriginal and Torres Strait Islanders – Drug and Alcohol Services</li> <li>- Keep Them Safe</li> <li>- MERIT Program</li> <li>- Opioid Treatment Programs</li> </ul>
<p><b>Narcotics Anonymous Australia</b>          Website: <a href="https://www.na.org.au/multi/">https://www.na.org.au/multi/</a> Phone:</p>	<p>Services:</p> <ul style="list-style-type: none"> <li>- Is a 12 step fellowship similar to Alcoholics Anonymous, for recovering addicts to supports each other to stay</li> </ul>



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<p>1300 652 320 or 0488 811 247</p>	<p>clean</p> <ul style="list-style-type: none"> <li>- Those who have the desire to stop using can go to meetings</li> <li>- In the meetings people share about their recovery, work through the 12 steps and support each other</li> <li>- Details and information about meetings can be found under the 'Meetings' tab on the website</li> </ul>
<p><b>Reach Out</b> Website: <a href="https://about.au.reachout.com/">https://about.au.reachout.com/</a></p>	<p>Provides practical support, tools and tips to help young people and their parents</p> <p>Services:</p> <ul style="list-style-type: none"> <li>• ReachOut Next Step:             <ul style="list-style-type: none"> <li>- An online tool that can help young people navigate the range of mental health services available by recommending customised support options based on symptoms. Recommendations range from immediate access to information and tools for self-care such as factsheets, apps and personal stories, links to online chats, peer-to-peer forums, or referrals to face to face and telephone support services. The tool can be access for free from desktop, tablet or mobile device via ReachOut.com</li> </ul> </li> <li>• ReachOut has a range of games and apps available to help with anxiety, stress, and sleep. Apps include:             <ul style="list-style-type: none"> <li>- ReachOut Orb</li> <li>- ReachOut Worry Time</li> <li>- ReachOut Breathe</li> <li>- Recharge</li> </ul> </li> <li>• The Toolbox:             <ul style="list-style-type: none"> <li>- Responds to young people's needs by recommending apps that can help them achieve wellbeing goals, such as reducing stress or developing positive thought habits. Toolbox houses more than 50 mental health and wellbeing apps, all of which are rated and reviewed by a panel of mental health professionals</li> </ul> </li> </ul>