
Do you think you, a friend or relative may have a problem with alcohol and other drugs?

If so, Drug & Alcohol counselling can assist you with:

- Motivating yourself to quit or reduce your intake
- Coping with withdrawal symptoms
- Specific strategies to quit or reduce using a harm minimisation approach
- Relapse prevention
- Referrals for detoxification and rehabilitation
- Information about drugs, alcohol and tobacco
- Support for family and friends of substance users
- Provide support for those who want to quit to quit smoking.

How will the counsellor help?

The counsellor's role is to provide support to manage problems you may have related to drug and alcohol use.

How often can I get help?

You can have as many appointments as you need.

How to access Drug & Alcohol Counselling?

- 1 Phone Auburn Community Health Centre on 8759 4000 and ask to speak to the Drug & Alcohol Counsellor. If the Counsellor is unavailable, leave a message and they will call you back to facilitate an appointment.
- 2 Phone the Drug & Alcohol Central Intake line 9840 3355 at CAM and speak to the Intake Worker and ask to be referred to Auburn Community Health Centre for Drug and Alcohol counselling.

Overall Goal:

To provide a Drug & Alcohol counselling and education service to the people of Auburn and Granville local government areas.

Objectives:

- To provide counselling for those individuals experiencing problems associated with Drugs of Dependence and their families and significant others.
- To make referrals to further specialist services where appropriate.
- To be active in the field of after care and relapse prevention with alcohol
- To offer an education and consultancy service to the general community and to other professional agencies
- To offer consultancy services to other teams within the Community Health Centre

Who can attend?

Any person or family living, working or going to school in the Auburn and Granville Local Government Areas.

How much will it cost and is the service confidential?

Counselling is free for those who are eligible for Medicare. We offer a confidential service, however if a situation arises where somebody is at risk of harm, other services may need to be contacted. Your counsellor will explain this at your first appointment.

General Alcohol & Drug Information

Alcohol & Drug Information Service (ADIS) provides drug & alcohol information 24 hourly.
Phone: 9361 8000 or 1800 422 599

Other services available through Auburn Community Health Centre:

- Community Nursing
- Counselling
- Mental Health
- Migrant Health
- Occupational Therapy
- Podiatry
- Speech Pathology
- Needle & Syringe Program

Drug & Alcohol Counselling

Harm minimisation approach to dealing with persons affected by substance abuse.

Auburn Community Health Centre
Norval Street (next to Auburn Hospital)
Auburn NSW 2144
Phone: 8759 4000
Fax: 8759 4154
