

I'VE AGREED TO HAVE DRUG & ALCOHOL COUNSELLING SO WHAT HAPPENS NOW?

Drug and Alcohol Service

If you have been referred to our service for drug & alcohol counselling, we like to see people at least two times. All you need to do to arrange the first appointment is give us a call on our D&A Information and Referral Helpline on 1300 652 226. The D&A Information and Referral Helpline will be your first contact with us...

If our helpline worker is on another call when you ring, you can leave a message and we will get back to you as soon as we can. If you don't have much credit on your phone let us know and we will call you back. We will ask a few questions to see how you are going and to work out what we might be able to offer you. We will then arrange an appointment for you to come in and talk face-to-face.

The 1st appointment...

The first appointment will involve a pretty thorough assessment of your drug and alcohol use and other bits of your life. There will be a lot of questions about your lifestyle so we can get a better idea about how to help you.

At this appointment you will be able to see whether you feel comfortable with the counsellor who will help you develop a plan for your treatment.

If you decide that you want to start counselling then we will arrange the next appointment and get it started.

The 2nd appointment...

If you decide that you don't want to start counselling we still like to see you a second time. This will be a chance to have a talk about the effect that your drug or alcohol use might be having on your life. We will talk about your goals in life and whether your drug and alcohol use fits with those goals. This might involve planning for how you can talk with the person who referred you; they are obviously worried about you and we can talk about ways to reassure them.

If you decide that you want to continue using drugs or alcohol we can talk about ways to use more safely.

We won't try to talk you into anything or try to convince you to make changes you don't want to make. We will be interested in helping you sort through what your own priorities are in life and making sure that your choices are taking you where you want to go.

What else can you do?

If you have any questions about drug & alcohol counselling, our counsellors will be happy to talk with you

To speak to a counsellor, please feel free to contact our service on 1300 652 226

The Health Care Interpreter Service provides a free and confidential interpreting service 24 hours a day, 7 days a week. For bookings please call Ph.: 4223 8540.

If you need an interpreter let your service provider know immediately and they can book one for you in your preferred language.