

## Illawarra

The Orana Centre  
2 Rawson St  
Wollongong 2500

## Shoalhaven

47 Berry St  
Nowra 2541

**Need an Interpreter?** Interpreters are available if you need help to communicate with staff. The service is free and confidential. We will book an interpreter for you. Call the Translating and Interpreting Service on 131 450 to talk to someone before your appointment.

**Need an Aboriginal Health Worker?** An Aboriginal Health Worker (AHW) advocates for the needs of the consumer who identify as Aboriginal or Torres Strait Islander. They provide support and information to help you. Tell staff you would like to speak to an AHW or if there is an AHW you would like us to contact.

# SUPPS

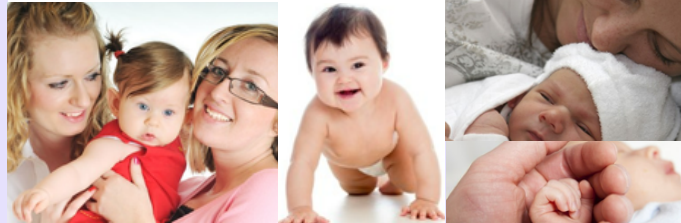
## Are you pregnant and using drugs or alcohol?

Drug and Alcohol Information  
& Referral Line



**1300 652 226**

(Mon-Fri: 9am - 4pm)



Illawarra Shoalhaven  
Local Health District



## Support Numbers

### Alcohol and Other Drugs Information Service

1800 250 015

### Domestic Violence/ Sexual Assault Helpline

1800 737 732

### Antenatal Clinic Wollongong

4253 4256

### Antenatal Clinic Shoalhaven

4429 2929

### Link2Home

1800 152 152

### NSW Quitline

13 78 48

### 13YARN

13 92 76

### Mental Health Helpline

1800 011 511

## Substance Use in Pregnancy & Parenting Service

### Free, Confidential & Non- Judgmental

- ✓ Provide information on tobacco, other drug or alcohol use in pregnancy
- ✓ Work with you to make changes in your drug or alcohol use
- ✓ Discuss treatment choices with you
- ✓ Connect you with other services during your pregnancy and after you have had your baby - such as Maternity Services, Child & Family Nurses, Family Support, Playgroups
- ✓ Support partners, parents and family