

**Are you a carer, friend
or family member of
someone who
uses alcohol
or other
drugs?**



**Find where
you can get
support today**



Health
Illawarra Shoalhaven
Local Health District

Drug and Alcohol Service

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

Crisis Support
Educational Support
24/7 Hotline
1800 250 015

Family Drug Support

Group Support
One-on-One Support
24/7 Support Line
1300 368 186

**Mental Health Carers ARAFMI
ILLAWARRA**

Social Groups For Carers and
Educational Workshops
(02) 4283 3499
(02) 4283 3993

STRIDE

Family and Carers Program
Individual/Group
Tailored Support
(02) 4229 7254

Nar-ANON Australia

Indigenous Support
Group Support
(02) 4257 3342

**One DOOR Family and Carer
Program**

Referral and Directory Service
Tailored Support
1800 843 539

Please note: if you are calling from a
mobile, call costs to 1800 and 1300
are set by your mobile service

The Salvation Army

Carer Group Support
(02) 4229 1079

Al-Anon Family Groups Australia

Group Support
1300 252 666

Alcoholics Anonymous

Group Support
1300 222 222

Carer Gateway

One-on-One Phone Counselling
Online Forums
1800 422 737

ISLHD Drug and Alcohol Service

You can contact us to arrange
support on:
1300 652 226

Scan the QR code to find out more on
each service listed in this resource



Or visit:

www.islhd.health.nsw.gov.au/services-clinics/drug-alcohol-service/support-family-and-friends

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Need an Interpreter? Professional interpreters are available if you need help to communicate with staff. Our staff can also ask for an interpreter. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to us before your appointment.

This information
has been tested
with Consumers