

*It doesn't matter how much or how often you use,  
we're here to help*

For more information or to make an appointment, phone:

**1300 652 226**

(Mon-Fri: 9am-4.30pm)

**WANT US TO CALL YOU?**

**SMS your name to 0497 652 227**

(This is an SMS line only)

We will call you during business hours. Calls from us appear as a private number.

## LOCATIONS

### ILLAWARRA

The Orana Centre,  
2 Rawson St, Wollongong

### SHOALHAVEN

Crossroads,  
49 Worrigeer St, Nowra

## HELPFUL NUMBERS

**After Hours Stimulant Support: 1800 101 188**

**Mental Health Helpline: 1800 011 511**

**Family Drug Support: 1300 368 186**

**Lifeline: 13 11 14**

**Salvation Army First Floor Program Support: 4229 1079**

If you need an interpreter let our service know and we will book one for you in your preferred language. The Health Care Interpreter service provides a free and confidential service.

*Please note-If you are calling from a mobile, call costs to 1800 and 1300 numbers are set by your mobile service*

[www.islhd.health.nsw.gov.au/Services/Drug\\_and\\_Alcohol/](http://www.islhd.health.nsw.gov.au/Services/Drug_and_Alcohol/)



We acknowledge the traditional custodians of the lands on which we work and live, and pay our respect to Elders past, present and future.

**STIMULANT  
TREATMENT  
PROGRAM**

 Health  
Illawarra Shoalhaven  
Local Health District

PUBLISHED DEC 2016

 **PIP**  
Illawarra Patient Information Panel DT16/71845

# STIMULANT TREATMENT PROGRAM

 Health  
Illawarra Shoalhaven  
Local Health District



**STIMULANTS INCLUDE:**  
Methamphetamines (Ice, Crystal, Meth, Speed, Base),  
Cocaine and Ecstasy



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# OUR SERVICE IS FREE AND CONFIDENTIAL

## We can:

- ✓ **Work** with you to cut down or stop your stimulant use
- ✓ **Check** your physical health and general wellbeing
- ✓ **Discuss** with you treatment choices
- ✓ **Provide** information about stimulants
- ✓ **Link** you with other services that may give you extra support
- ✓ **Support** partners, parents, family and friends
- ✓ **Provide** group support

People can experience a range of problems when using stimulants. The range and strength of problems can change depending on the patterns of use. Some people prefer just to find out more about how to help reduce harms.

## How we help:

### Counselling

Our counsellors are trained in providing professional care for stimulant use. We recognise everyone is different. Counselling support is usually one-to-one sessions. You can talk about and explore the effects that stimulants play in your life in a safe and supportive place. Counselling is available in:

- Illawarra, Monday-Friday
- Shoalhaven, Tuesday, Thursday & Friday

### Partners, families & friends

Partners, families, friends & colleagues are welcome. They can get more information about our services and stimulant use. It can also be helpful to talk through any issues. People who use stimulants may want support people involved in their treatment.

### Health Check-Ups

You may want to “check-up” on your physical health or general wellbeing. We provide you with the opportunity to see one of our Nurses, Doctors or Counsellors.

### Drop-In Service

The drop-in service provides easy access and the opportunity for a quick chat with a counsellor. This service is particularly useful if you require:

- Information
- Referral
- To check out what our service offers
- To chat about what services may meet your needs

### Group Programs

There are many support groups available. Groups can provide extra support for recovery or a healthy lifestyle. We have groups:

- Specifically for people who use stimulants
- For anyone who is having or has had problems with drugs or alcohol use
- To support partners, carers or friends

To find a group that suits your needs call **1300 652 226**.

### Medical Treatment

Most people who choose to cut down or stop using stimulants find counselling works best. If this is not working, medical treatment may help. There are strict criteria for this. You can ask our staff to make an appointment for you.

### Community Support

The Stimulant Treatment Program can provide information & advice via:

- Client or Community Workshops
- In-Services or education for teams

### Hospital Inpatient Support

Our nurses provide support to patients in wards and inpatient units.



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