

Local NSW Health & NGO Counselling Services



Aged between 14 – 25?

Sydney Drug Education and Counselling Centre (SDECC) provide support for young people suffering as a result of drinking and or taking drugs. SDECC have offices in various locations in Northern Sydney.

W: www.sdecc.org.au
T: 02 9977 0711



Over 18 and/or Indigenous?

Odyssey House are trained experts who have been providing advice and counselling to adults for over 40 years. They have offices in various locations in Northern Sydney.

W: www.odysseyhouse.com.au
T: 1800 397 739



NSLHD Counselling Services

The Northern Sydney Local Health District provides counselling across a range of locations in Northern Sydney.

W: www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Drug-Alcohol.aspx



Identify as LGBTI?

ACON specialise in working with the LGBTI community and provide free advice and counselling.

W: www.acon.org.au
T: 02 9206 2000



Feel healthier and **more in control**

Your GP can help you or someone you know to reduce or stop drinking and drug use, feel more in control and be healthier. Depending on your needs, there are local organisations that specialise in helping people and their families who may be misusing alcohol and other drugs.

NORTHERN SYDNEY **ALCOHOL & OTHER DRUGS** SERVICES



Looking for information about alcohol and other drugs?



To find out more information about alcohol and other drugs (marijuana, ice, ketamine, MDMA and more) including the effects they have on your body, what happens when you mix drugs, the law and more, visit the NSW Health webpage **Your Room**.

W: yourroom.health.nsw.gov.au/Pages/home.aspx

Would you like a healthier lifestyle?

The Get Healthy service can help you achieve your lifestyle goals. They are a free state funded service that provide 1:1 coaching to help you to reduce your alcohol intake, improve your diet and exercise more.



W: www.gethealthynsw.com.au
T: 1300 806 258

Clinically managed treatment programs

Opioid Treatment Programs

Northern Sydney Local Health District (NSW Health) provide methadone and buprenorphine assessment, case management and medicinal dosing.

T (St Leonards): 02 9462 9177

T (Northern Beaches): 02 9388 5111

Inpatient Drug and Alcohol Services (Hospital stay)

Herbert Street Clinic at Royal North Shore Hospital provides a hospital inpatient treatment service.

T: 02 9463 2533

Telephone Only Services

Stimulant Treatment Line (STL)

A NSW Health telephone service providing education, information, referral crisis counselling and support specifically for stimulant use e.g. speed, ice, ecstasy, and cocaine.

T: 1800 10 11 88

W: svhs.org.au/home/our-services/list-of-services/alcohol-and-drug-service/stimulant-treatment-program

Opioid Treatment Line

A telephone helpline for patients and health professionals with enquiries about opioid treatment programs in NSW.

T: 1800 642 428

W: www.svhs.org.au



Support groups and self help

Smart Recovery

Smart Recovery provide self help groups to assist people in recovering from alcohol, drug and other addictive behaviours.



T: 02 9373 5100

W: smartrecoveryaustralia.com.au

Alcoholics Anonymous (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experiences and support each other with their recovery.



T: 1300 222 222

W: www.aa.org.au

Narcotics Anonymous (NA)

A fellowship of men and woman who share their experiences and support each other with their recovery.



T: 1800 652 820

W: www.na.org.au