

## Summary:

Getting support for grog or drug use can be tough, especially when you don't know what to expect. Reaching out for support or beginning treatment is a sign of strength – and something to feel proud about. This resource provides information on what your treatment journey might look like.

## 1. Start by calling the **National Alcohol and Other Drug Hotline - 1800 250 015.**

You can yarn with an alcohol and drug counsellor on the phone about what's been going on and what you're looking for. The counsellor can assist you to figure out what type of treatment you want and find a service for you.

### **Aboriginal and Torres Strait Islander services**

If you want to yarn with an Aboriginal and Torres Strait Islander counsellor/support worker, they can also connect you to treatment and support. You may know of a service in your area, or you can call:

- **13Yarn - 13 92 76**

If you want to see someone in person, there are health services you can contact:

- **Victorian Aboriginal Health Service (VAHS) - 03 9419 3000**

You can find more services across Australia using HealthInfoNet's resource:

- **Map of Aboriginal and Torres Strait Islander health/medical services.**

## 2. Connect with the treatment service.

The counsellor/health worker you speak with can link you to a treatment service.

Our [Different Treatment Types](#) resource explains what the different services are – such as detox, rehab and counselling.

The service will ask you questions around things like your history with grog and other drugs, your needs, and your goals. This will assist them to understand what will work best for you. They will also let you know when you'll be able to start. You might have to wait a bit.



### 3. Work out a plan while you wait to start your treatment.

Ask the service if they can offer you some extra support during this time – for example you could speak to a counsellor while waiting to get into a detox.

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### 4. Begin treatment.

Every person's journey is different, some people might spend a short time in treatment, others might spend a longer time.

It's also common for some people to have a few goes at treatment. You might also try a few different types to find out what works best for you.

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### 5. After treatment.

You might still have cravings and feel like using again after treatment. This is normal, and if you need support, you can always contact the services listed in Step 1 (above).

If you end up using again, don't be hard on yourself, remember you've made some great changes and there is support out there to assist you through it.

#### Did you know:

- A lot of alcohol and drug services have Aboriginal and Torres Strait Islander workers.
- Every alcohol and drug service works differently. If you want to know how the service works, it's best to ask them directly.
- Lots of services are either free or low cost.
- Have a think about what treatment looks like for you. It's different for everyone. You might want to stop using grog or drugs, or you might just want to use a bit less and focus on improving your well-being.

This resource has been developed in collaboration with



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