



Getting Help - Alcohol & Drug Services



Ask for help if you are concerned about your alcohol or drug use, or another person's.

Speak to

- a work colleague
- an Employee Assistance Program counsellor
- your local doctor
- a community alcohol and drug service
- a trusted friend
- a 24-hour Help Line by phone or online.

There are many support services where you can go for help. A range of face-to-face, online, and telephone counselling and information services, are available to help you. Some community services may charge a small fee for service, so check this before hand.

Local Services

SA Health and **SA Health-funded** alcohol and drug services include:

- Counselling
- Inpatient Withdrawal Services
- Residential Rehabilitation
- Mobile Assistance Patrols
- Sobering Up Services
- An Integrated Youth Substance Misuse Specialist Service.

Website: [Know Your Options](#)
 Website: [SA Health DASSA Services](#)

Alcohol and Drug Information Service (ADIS) has trained alcohol and drug telephone counsellors available everyday between 8:30am and 10:00pm.

1300 131 340 (SA callers)
08 7087 1743 (interstate callers)

Aboriginal Sobriety Group

08 8223 4204
 Website: <http://asg.org.au/#>

Consult your local GP

Website: <https://www.healthdirect.gov.au/australian-health-services>

National Services

Family Drug Support provides a counselling service to assist families dealing with alcohol and drug matters.

1300 368 186
 Website: <https://www.fds.org.au/>

Hello Sunday Morning provides information about how to change your drinking habits and speak with friends and/or family who may be experiencing problems with alcohol.

Website: <https://www.hellosunday-morning.org/>

ReachOut.com provides information and apps for people under 25 to help them speak about alcohol, drugs, and/or wellbeing issues with friends and family.

Website: <https://au.reachout.com/>