

If you or someone you know is currently on opioid substitution treatment (e.g. methadone or buprenorphine) and needs support, call our service for a free and confidential assessment.

Are you or they having issues with poly drug use; mental and physical health; do you feel you are in chaos if so, call us?

Our staff are available between 9.00am and 4.30pm to answer your questions about the program and services we provide.

Call us now on (02) 4911 9009
or visit us online at whos.com.au



OST DAY PROGRAM

For individuals on
opioid substitution
treatment (OST)

Site address:

Shop 7/451 Hunter St, Newcastle NSW 2300

PHONE 02 4911 9009 FAX 02 4926 3967

info@whos.com.au



whos.com.au



WHOS TO BE ADVISED



Newcastle Day Program

The Service

WHOS® (We Help Ourselves) Day Program operates separately from other WHOS® programs and provides services for individuals from within the Hunter New England Local Health District. Its aim is to provide a safe and secure space where men and women on opioid substitution treatment (OST) are able to make positive and productive lifestyle changes to reduce drug related harm. The minimum age is 18 years. This service is located in Hunter St. Newcastle.

“Starting the WHOS® Day Program assisted me being approved to transfer home with my partner and resume drug court commitments in the Hunter area. It has also helped connect with people and obtain support in the area.

I have also learnt how to manage and identify different thoughts and feelings and how to diffuse from them as well.

I continue to learn more about myself and what my values are from week to week. I have benefited greatly from the WHOS® Newcastle Day Program and appreciate being given the opportunity to participate.”

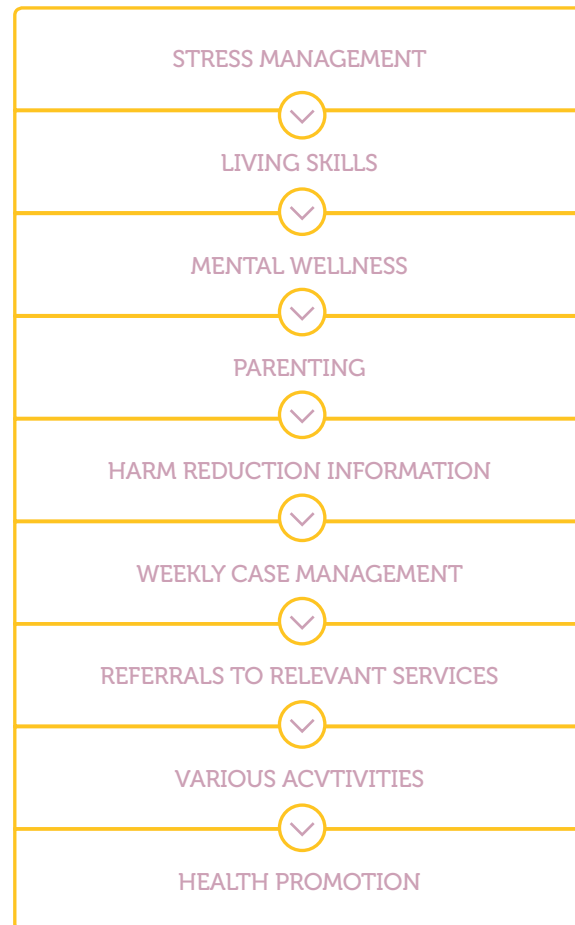
Program participant.

Program

THINGS TO CONSIDER

WHOS® provides a comprehensive assessment and referrals service as well as the Day Program which consists of group work and individual support provided by experienced drug and alcohol workers.

The Day Program operates on a six week rotating cycle which includes;



Details

Application Process

Initial assessments are carried out over the phone by staff. If eligible you will be required to come to the service for a face to face interview.

For more information please contact WHOS® Day Program staff on (02) 4911 9009.

OF NOTE

- FREE to attend
- Breakfast and lunch is provided free of charge
- Minimum age is 18 years
- No minimum or maximum dose required

COSTS

There is no cost to attend the WHOS® Day Program.

The project is funded by NSW Ministry of Health.