

WHOS Hub® - Lilyfield

For individuals seeking community based support and treatment for their alcohol and other drug issues (AOD).

We Help Ourselves (WHOS®)

Broughton Hall, Building 501

Glover Street, Lilyfield NSW 2040

Phone: (02) 8572 7457

Email: lilyfield.hub@whos.com.au

www.whos.com.au



If you or someone you know is seeking treatment, call our service for a free & confidential assessment.

Our staff are available 9am to 5pm Monday – Friday to answer your questions and work with you to decide the best treatment plan or referral possible.

Call us on 02 8572 7457
or visit online at whos.com.au



**Pre & Post Treatment
Day Program**

WHOS HUB®
Central and Eastern Sydney

WHOS Hub, Lilyfield is a day program situated on the picturesque grounds of the old Rozelle Hospital, the same site as the WHOS Sydney Therapeutic Community Residential Rehabilitation Programs.

WHOS® Services

The WHOS Hub - Lilyfield offers comprehensive AOD assessment and referral services as well as:

- Pre and post treatment support
- Structured group work
- Case management
- Referral and advocacy

Pre & Post treatment support

WHOS Hub, Lilyfield works collaboratively with all WHOS programs for people seeking residential rehabilitation for alcohol and drug dependence and to give support to those transitioning from the residential programs back into the community regardless of completing the residential program

"I have been shown kindness and respect at a time when I could not show this to myself or anyone else. I have been shown that it's okay to take a chance and that being honest far outweighs keeping secrets. With a lot of help I have done what I have been trying to do for years – live life without drugs and alcohol."

Service Consumer

WHOS Hub Lilyfield provides a comprehensive assessment and referral service, as well as the day program which consists of group work and individual case management support provided by experienced drug and alcohol workers.

Program participation is tailored to the individual needs.

The group work includes:

ACCEPTANCE AND COMMITMENT THERAPY

HARM MINIMISATION

STRESS MANAGEMENT

LIVING SKILLS

MENTAL WELLNESS

HEALTH PROMOTION

RELAPSE PREVENTION

There is no cost to attend this service.

Lunch is provided free of charge

Application

Clients need to be 18 years or over and require support.

Initial assessments are carried out over the phone by staff. If our service meets your needs, you are invited for a face to face interview.

For more information please contact:

WHOS Hub staff on
(02) 8572 7457

This program is funded by Central and Eastern Sydney Primary Health Network (CESPHN)

