


If you or someone you know needs help, call for a free and confidential assessment.

Our staff are available between 9.00am and 4.00pm Monday to Friday to answer your questions about our program and work with you to decide the best treatment plan or referral possible.

Please refer to website for details on Day Programs.

Call us now on (02) 3813 7400 or visit us online at whos.com.au

 WHOS acknowledges the Traditional Custodians of the land and waters on which we stand and pays respect to Elders past and present.

MANDALA HOUSE RESIDENTIAL TC For Individuals Seeking Recovery

We Help Ourselves (WHOS®)

PO Box 184, Goulburn, NSW 2580

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We Help Ourselves® whos.com.au



WHOS®
helping people help themselves

For Individuals
Seeking Recovery

The Program

WHOS® Mandala House is a residential Therapeutic Community (TC), located at Goulburn in Southern NSW. Its goal is to help individuals find freedom from alcohol and other drug dependence (AOD) and discover a better way of living.

WHOS® Mandala House's aim is to provide a safe and secure environment where anyone who is suffering from alcohol and other drug dependence and its related issues can concentrate on their recovery.

WHOS® PROGRAMS

Residents are encouraged to take on increasing levels of responsibility in the running of the TC. As a resident moves through the various stages of the program they receive increased levels of responsibility and gain greater awareness of the effect their behaviour has on themselves and the community around them.

"What happened to bring me to WHOS was that my substance dependence took control of me and my life. I now understand just how precious my life is including my relationships. I nearly threw it all away for my addiction. I love life where I am now and know I am a good person and now have good people around me."

WHOS RESIDENT

Treatment

90 DAYS DURATION	THERAPEUTIC COMMUNITY: Looking inward and understanding your dependence issue
120 DAYS DURATION	TRANSITION: Moving from the therapeutic community to semi independent living – Pre employment/education
AS REQUIRED	EXIT STAGE: Living independently in the wider community. Residents move from transitional accommodation into the broader community

THINGS TO CONSIDER

- Minimum age is 18 years
- Please discuss your detox needs with staff
- If you have medical and/or mental health needs that need specialist care or supervision please discuss with our staff to make sure we have the resources to meet your needs
- Court/legal business will need to be deferred for the first six weeks of the program. We may be able to assist with deferment

ACTIVITIES

Group work and individual support is provided by AOD workers who deal with your specific needs.

- AOD dependence education and relapse prevention
- Health support and education
- Social, living and communication skills
- Stress management
- Harm reduction including infectious disease education
- Work and living skills based education

Details

OTHER COMPLEMENTARY ACTIVITIES

- External recovery based support networks
- Regular structured exercise
- Wellness training

In addition there are a wide range of community based social gatherings and shared activities which help to build a sense of inclusiveness and support.

ADMISSIONS PROCESS

Initial assessments are carried out over the phone by staff Monday to Thursday 9.00am to 4.00pm.

If eligible you will be required to come to the service for a face to face interview and potential admission.

For more information please contact WHOS® Mandala House staff on (02) 3813 7400.

COSTS

WHOS® Southern NSW is funded by NSW Health (SNSW LHD). However to cover costs not provided by funders it is necessary to charge a fee from your benefit entitlement for your first 3 months. If progressing to the Transition program, you will only need to contribute for food and accommodation.