

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

Our staff are available between 9.00am and 4.30pm to answer your questions about our program and work with you to decide the best treatment plan or referral possible.

Call us now on (02) 8572 7455 or (02) 8572 7444 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.



GUNYAH TC

For Men Seeking Recovery

We Help Ourselves (WHOS®)

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We Help Ourselves® whos.com.au



For Men Seeking Recovery

The Program

WHOS® Gunyah TC is a residential Therapeutic Community (TC) for men set in the tranquil and heritage grounds in inner Sydney. Its goal is to help men find freedom from alcohol and other drug dependence (AOD) and discover a better way of living.

Our Therapeutic Community's aim is to provide a safe and secure environment where men who suffer from alcohol and other drug dependence and its related problems can concentrate on their recovery.

WHOS PROGRAMS

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

"My physical and mental health is the best it has ever been, I am starting to enjoy life for what it is and have no intentions of returning to any part of my former life. I didn't think I would make it this far in the program and never thought I could stop taking drugs, the WHOS® program has showed me this new way of life and I am forever grateful for it."

GUNYAH 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
- 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 collaboration and support.

ADMISSIONS PROCESS

Initial assessments are carried out over the phone by staff Monday to Thursday 9.00am to 4.30pm.

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® Gunyah staff on (02) 8572 7455 or general (02) 8572 7444.

COSTS

WHOS® Services are mostly funded by State and Federal Governments. However to cover costs not provided by funders it is necessary to charge a fee from your benefit entitlement for your first 4 months. After 4 months, you will only need to contribute for food and accommodation.