

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

Our staff are available Monday to Friday between 9am and 5pm to answer your questions about our services and work with you to develop the best care plan or referral possible.

Call us now on 02 3813 7400  
or visit us online at [whos.com.au](http://whos.com.au)

## WHOS Hub® - Southern NSW Goulburn

For individuals seeking community based or pre and post treatment support for their alcohol and other drug issues

We Help Ourselves (WHOS®)

234 Bourke Street Goulburn NSW 2580

PHONE: 02 3813 7400

EMAIL: [sns@whos.com.au](mailto:sns@whos.com.au)

WEB: [www.whos.com.au](http://www.whos.com.au)



Day Program



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



**WHOS HUB®**  
Southern NSW

WHOS Hub – Southern NSW welcomes anyone seeking help with a substance or alcohol use problem, in a safe, non-judgemental environment. Our services are designed to assist people on their recovery journey, no matter what stage they are at.

## Pre and Post Treatment

Pre-treatment offers support through group work and case management while preparing to enter WHOS Mandala House residential service. Groups run 3 days per week.

Post treatment offers support for people who have left the residential service, providing case management and group work, topics include budgeting and employment readiness.

“WHOS has given me good insight into how important connection is, I feel safe knowing I have WHOS services available if I need support. The staff have been wonderful providing me with hope and positive direction every step of the way.”

*Service Consumer*

## Things to consider

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

The three service streams offered are:

1. Referrals to relevant services
2. Case management – appointment based
3. Day Program – Group work over 6 week cycle plus individual support sessions.

The day program operates on a six-week rotating cycle which includes group work and individual support sessions.

Group work covers:



## Application Process

Initial assessment will be by telephone. If our service is suitable for you, you will be required to come to the service for an interview.

For more information please contact the WHOS Hub Southern NSW staff on 02 3813 7400.

## Of Note

- Free to attend
- Lunch provided free of charge
- Minimum age is 18 years.

WHOS® Southern NSW is funded by NSW Health, Southern NSW Local Health District.