

COMMUNITY RESOURCES

Stay safe if leaving program early!

WHOS Day Programs

Lilyfield: (02) 8572 7457
Penrith/Windsor: (02) 9131 8080
Goulburn: (02) 3813 7409
Newcastle: (02) 4911 9009
Sunshine Coast: (07) 5476 0877



IN AN EMERGENCY – CALL 000

Alcohol & Other Drug Support Services

Alcohol & Drug Information Service (ADIS):

NSW: 1800 250 015
yourroom.health.nsw.gov.au

QLD: 1800 177 833
adis.health.qld.gov.au

Narcotics Anonymous:
1300 652 820 – na.org.au

Alcoholics Anonymous:
1300 222 222 – aa.org.au

Mental Health Support Services

Lifeline: 13 11 14

Mental Health Line:
NSW: 1800 011 511
QLD: 1300 642 255

Leaving rehab can be a very difficult and risky time. Staying safe must be your main priority.

Remember:

- Don't isolate: maintain contact with healthy social networks – such as recovery peers, and non-using family and friends.
- Your risk of overdose has increased as your tolerance levels are down.
- If you choose to use, keep yourself safe: don't use alone and have Naloxone on hand in case of opioid overdose.
- Continue with any medical appointments and treatment – including prescribed medications.
- Keep away from situations and people that put you in danger of relapsing.
- Maintain your personal recovery program and continue to work towards your goals.

Homelessness Services

Link2home (NSW): 1800 152 152
Homeless Hotline (QLD): 1800 474 753

Harm Reduction Services

Medically Supervised Injecting Centre (MSIC): 66 Darlinghurst Road, Potts Point
(02) 9360 1191

Needle & Syringe Program (NSP) Outlets:
nspdirectory.aivl.org.au

NSW Hepatitis Infoline: 1800 803 990

NSW Users & AIDS Association (NUAA)
Peerline: 1800 644 413

AIDS Council of NSW (ACON):
(02) 9206 2000 – acon.org.au

Queensland Injectors Health Network (QuIHN): 1800 172 076 – quihn.org