


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

Our staff are available between 9.00am and 4.30pm to answer your questions about our services and work with you to plan the best care plan or referral to meet your needs.

Call us now on (02) 4509 9110 or visit us online at www.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.

WHOS Hawkesbury Region

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

We Help Ourselves (WHOS®)

2 Forbes Street Windsor NSW 2756

Phone: (02) 4509 9110

Email: whoshawkesbury@whos.com.au

Web: www.whos.com.au



We Help Ourselves® www.whos.com.au



Day Program

WHOS®
helping people help themselves

Hawkesbury Region

WHOS Hawkesbury offers assessment, referral services and non residential supported care for individuals from the Hawkesbury Region.

This service is for people seeking support for their alcohol and other drug (AOD) issues.

WHOS® Services

The WHOS Hawkesbury service offers comprehensive AOD assessment and referral services as well as:

- Structured group work
- Case management
- Referral and advocacy for access to detoxification and rehabilitation facilities

"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

Things to consider

WHOS Hawkesbury 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 rotating cycle which includes group work and individual support sessions.

Group work covers:



How to engage with us

Initial assessment will be by telephone. If our service is suitable for you, you will be offered a comprehensive assessment interview conducted at the Hawkesbury Service located at Windsor.

For more information please contact the WHOS Hawkesbury staff on (02) 4509 9110..

Of Note

- Free to attend
- Breakfast and lunch provided free of charge
- Minimum age is 18 years.

Funded By

This project is funded by Nepean Blue Mountains Primary Health Network (NBMPHN). Wentworth Healthcare is the provider of NBMPHN.

