



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

We are available between Monday to Friday from 8.00am and 5.00pm to answer your questions about the services we provide.

Call us now on (02) 4911 9009  
or visit us online at [whos.com.au](http://whos.com.au)

## WHOS Newcastle Day Program

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

### We Help Ourselves (WHOS®)

Suite 1/451-459 Hunter St,  
Newcastle NSW 2300  
PHONE 02 4911 9009 FAX 02 4926 3967  
[newcastle.hub@whos.com.au](mailto:newcastle.hub@whos.com.au)



**WHOS**<sup>®</sup>  
helping people help themselves



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



**ATCA**  
Therapeutic  
Community  
Member



We Help Ourselves® [www.whos.com.au](http://www.whos.com.au)

## The Service

WHOS® (We Help Ourselves) Newcastle Day Program provides services for individuals from within the Hunter New England Local Health District. Its aim is to provide a safe and secure space where individuals (including those on opioid substitution treatment) can make positive and productive lifestyle changes to reduce drug related harm.

### From a Day Program Client

“Starting the WHOS® Newcastle Day Program assisted me being approved to transfer home with my partner. It has also helped me connect with people and obtain support in my local area.

I have also learnt how to manage and identify different thoughts and feelings and how to cope with them.

I continue to learn more about myself and what my values are from week to week.

I have benefited greatly from the WHOS® Newcastle Day Program and appreciate being given the opportunity to participate.”

Program participant.

## Program

### 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 Day Program provides groups covering the following topics:

ACCEPTANCE AND COMMITMENT THERAPY



LIVING SKILLS



MENTAL WELLNESS



HARM REDUCTION INFORMATION



WEEKLY CASE MANAGEMENT



REFERRALS TO RELEVANT SERVICES



HEALTH PROMOTION

## Details

### Application Process

Initial assessments are conveniently carried out over the phone. If eligible you may be asked to attend a face-to-face appointment.

For more information, please contact WHOS® Day Program staff on (02) 4911 9009.

### OF NOTE

- Newcastle Day Program’s services are provided free of charge.
- Breakfast and lunch are also provided free of charge.
- Minimum age is 18 years.

### COSTS

There is no cost to attend the WHOS® Day Program.

### FUNDING

The services provided are funded by NSW Ministry of Health, and Hunter New England, & Central Coast Primary Health Network.

