

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 services and work with you to plan the best care plan or referral possible.

Call us now on (02) 9131 8080
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.

WHOS Hub® - Penrith

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

We Help Ourselves (WHOS®)

Shop 3, 570 High Street, Penrith NSW 2750
Phone: (02) 9131 8080
Email: penrith.hub@whos.com.au
Web: www.whos.com.au



We Help Ourselves® whos.com.au



WHOS HUB®
Nepean Blue Mountains

WHOS Hub – Penrith, offers assessment, referral services and non residential supported care for individuals from the Nepean Blue Mountains districts. This service is for people seeking support for their alcohol and other drug (AOD) issues.

WHOS® Services

The WHOS Hub - Penrith offers comprehensive AOD assessment and referral services as well as:

- Structured group work
- Case management
- Multiple Complex Needs Worker
- Referral and advocacy for 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 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:



WHOS HUB®

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 Penrith staff on (02) 9131 8080..

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.