

National counselling services

Alcohol and Drug Information Service (ADIS)	1800 250 015
Counselling Online provided by Turning Point	www.counsellingonline.org.au
KidsHelpLine for people 5 to 25 years old	www.kidshelpline.com.au 1800 55 1800
Lifeline	131 114
13 YARN —run by Aboriginal and Torres Strait Islander peoples with the support of Lifeline	13 9276
Quitline	137 848

National peer support services and information resources

Alcoholics Anonymous Australia	https://aa.org.au
Australian Drug Foundation	www.adf.org.au
DrinkWise Australia	https://drinkwise.org.au
Narcotics Anonymous Australia	www.na.org.au
SMART Recovery Australia	https://smartrecoveryaustralia.com.au
Sober in the Country	www.soberinthecountry.org

National support services for carers and families

Alcohol and Drug Information Service (ADIS)	1800 250 015
Alcohol and Drug Foundation Path2Help	https://adf.org.au 1300 85 85 84
Breakthrough for Families	www.breakthroughforfamilies.com
Family Drug Support Australia	www.fds.org.au 1300 368 186

Help with housing, food, money, legal problems and domestic violence

Services Australia has a list of services on their Homelessness page for you to find help in your area.	www.servicesaustralia.gov.au/homelessness
You can search the AskIzzy website anonymously for crisis help on any of these issues.	https://askizzy.org.au

State- and territory-based alcohol and drug services

Services can be located in any state or territory through the:

- Alcohol and Drug Information Service (ADIS) on 1800 250 015
- Alcohol and Drug Foundation website (<https://adf.org.au/help-support>) or call 1300 85 85 84.

The state- and territory-based services listed below can also be contacted directly.

State or territory	Online service	Alcohol and Drug Information phone service
Australian Capital Territory	www.canberrahealthservices.act.gov.au/services-and-clinics/alcohol-and-drug-services from Canberra Health	(02) 5124 9977
New South Wales	https://yourroom.health.nsw.gov.au from New South Wales Health	Sydney metropolitan: (02) 8382 1000 Other areas: 1800 250 015 Stimulant Treatment Line: 1800 101 188 Opioid Treatment Line: 1800 642 428
Northern Territory	https://nt.gov.au/wellbeing/health-conditions-treatments/alcohol-drugs-and-your-body/alcohol-drug-rehab-services from Northern Territory Health	1800 131 350
Queensland	www.health.qld.gov.au/public-health/topics/atod/services from Queensland Health	1800 177 833
South Australia	www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services from South Australia Health	1300 131 340
Tasmania	www.health.tas.gov.au/health-topics/alcohol-and-drugs/alcohol-and-drug-services from Tasmania Health	1800 250 015
Victoria	www.directline.org.au/about-us from Turning Point	1800 888 236
Western Australia	www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service from Western Australia Health	Metropolitan: (08) 9442 5000 Country: 1800 198 024

Doctor's contact details: