

Its very easy to feel confused with all the different treatment options available when changing your drug use. It can be very difficult to manage an alcohol or drug issue while trying to deal with all the other things in you life like:

- Housing
- Finances
- Work/school
- Legal issues
- Relationships
- Physical and mental health

Your Treatment Support Worker can offer help and support with all of these issues, with a focus on your movement toward a more stress-free and healthy life.

Feel free to call or just drop in.



DIRECTIONS ACT **Treatment Support Service**

1 Bradley Street

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Ph: 6122 8041 or 6122 8000

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The Treatment Support Service is funded by the Commonwealth Department of Health and Ageing through the Non-Government Organisation Treatment Grants Program

DIRECTIONS ACT



**Feeling confused about
treatment options**

Treatment Support Service

QUESTIONS

What issues can I get help with?

Other than alcohol and drug treatment options, your Treatment Support Worker can also help you deal with housing, finances, work, physical and mental health issues, legal issues, referrals and much more.

Just ask.

Do I have to be sure I want treatment to access the service?

Absolutely not. You can access the service to chat about what options are available just in case you ever want to find a treatment. In fact, you can utilize the service to find out about anything related to your Drug and Alcohol issues.

Do I need to make an appointment?

Its best to make an appointment, however you can give us a call just and in more crisis situations its fine to just drop in.

SERVICES

The Treatment Support Service is a holistic service, and can assist you in many ways.

Services we provide include:

- Assistance to find the right kind of drug treatment to suit your individual needs.
- Help with understanding pharmacotherapy options.
- Help with finding and accessing rehabilitation or detox services in ACT or interstate.
- Information on alternative treatments such as acupuncture, herbal remedies, physical therapies.

- Advocacy and complaints support for people accessing Alcohol and Drug services.
- A non-judgmental, confidential service provided by a supportive worker .
- Ongoing case management or single intervention.

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