

WHAT TO DO IF YOU WANT SOME HELP WITH DRUG AND ALCOHOL ISSUES FOR YOURSELF OR YOU ARE WORRIED ABOUT A LOVED ONE/FRIEND AND THEIR USE

Go to the clinic and ask to be referred to a drug and alcohol worker

Clinic will contact the CHMR team for you. They can make an appointment at the clinic at next CHMR visit

People can do counselling in the community, be assessed for rehabilitation or just get some information about drug and alcohol or where to find help

CHMR office has people there daytime, Monday to Friday - 9192 6400
If you need to talk to someone at night or on a weekend, see the numbers below

If it is night time or a weekend and you need to speak to someone about a drug and alcohol issue please call:

Alcohol and Drug Information Service: 1800 198 024

Parent Drug Information Service: 1800 653 203

Rural Link After Hours Mental Health: 1800 552 002

Broome Hospital: 9194 2222