

“RECOVERY FROM ADDICTION TO ALCOHOL AND OTHER DRUGS IS REAL. IT’S ACHIEVABLE, SUSTAINABLE AND BEAUTIFUL.”

Self-determined change in drug and alcohol usage is a journey marked by courage and inclusivity.

It embraces diverse paths to healing and recovery, fostering a supportive environment where everyone’s experiences are valued.

Individuals draw strength from their communities, celebrate progress together, and champion each other’s resilience, paving the way for collective empowerment and growth.

A VARIETY OF SERVICES ARE AVAILABLE IN SOUTH AUSTRALIA TO SUIT YOUR UNIQUE NEEDS.

Are you or someone you love concerned about your alcohol or other drug use?

There are a range of services available for people experiencing challenges with alcohol and other drugs.

Many of the services are free..

Would you like to speak to someone now...?

Call 1300 12 1340

Alcohol and Drug Information Service (ADIS) is a confidential telephone counselling, information, and referral service. (Available 8.30am to 10pm 7 days for SA callers only).

You can also contact a counsellor online 24/7 by visiting the website knowyouroptions.sa.gov.au



Susanne Collins Angas Memorial Fund



BAROSSA MENTAL HEALTH

INFORMATION AND SUPPORT SERVICES FOR ALCOHOL AND DRUG USE



- FOR YOU • FOR FAMILIES AND FRIENDS
- FOR WORK PLACES • FOR CLINICIANS • FOR COMMUNITY

PHONE, APPS AND WEBSITES

Phone Numbers

- **Ambulance, Police** ☎ 000
- **Lifeline** ☎ 131 114

Hospitals

- Angaston, 29 North St, Angaston ☎ 8563 8500
- Kapunda, 24 Nash St, Kapunda ☎ 8566 0200
- Tanunda, 15 Mill St, Tanunda ☎ 8563 2398
- Gawler, 21 Hutchinson Rd, Gawler ☎ 8521 2000
- Lyell McEwin, Haydown Road, Elizabeth Vale ☎ 8182 9000

Health Direct ☎ 1800 022 222

Alcohol and Drug Information Service (ADIS)

Confidential telephone counselling and information
Available 7 days a week, 8.30am - 10.00pm ☎ 1300 131 340

Drug and Alcohol Clinical Advisory Service - For clinicians
☎ 7087 1742 (8.30am to 10pm)

Needle Clean Up Hotline - Information on the safe disposal of
needles found discarded in public places.

Available 7 days a week, 8.30am - 10.00pm ☎ 1300 131 340

National Gambling Helpline ☎ 1800 858 858

National Hepatitis infoline ☎ 1800 437 222

Country & Outback Health You can speak to the healthcare
professional by phone or video call ☎ 8638 3900

1800RESPECT - National domestic, family and sexual
violence counselling, information and support service
☎ 1800 737 732

National Alcohol and Other Drug Hotline

☎ 1800 250 015 🌐 drughelp.gov.au

Head to Health Intake and Assessment Phone Service

☎ 1800 595 212

Apps

Daybreak - Helps reset your drinking habits.

Lifeback Tracker - An excellent free app. Helps build an
approach to better mind health. Promotes sleep, exercise,
and limiting alcohol. Created by Anthony Hart.

Websites

🌐 knowyouroptions.sa.gov.au

excellent resource for yourself, a friend or a client/patient

Sober in the Country (Shana Whan)

🌐 soberinthecountry.org

🌐 hellosundaymorning.org

changing your relationship with alcohol,
excellent risk assessment tool.

PATH2HELP RESOURCE

This tool enables users to find AOD services tailored to their
needs based on their risk level as assessed by the ASSIST
screening tool. This approach effectively filters out irrelevant
information, making searching for help more targeted and
efficient.

🌐 adf.org.au/help-support/

COMMUNITY SUPPORT GROUPS

AA meet in Nuriootpa, Clare and Gawler

☎ 1300 222 222

Al-Anon - Family Groups South Australia

☎ 8231 2959

Alateen - Meetings conducted online Wednesdays 7-8pm AEST,

📧 alateen@saalanon.org

Family Drug Support ☎ 1300 368 186 🌐 www.fds.org.au

Narcotics Anonymous ☎ 1300 652 820 or 0488 811 247

MEDICAL SERVICES

- All GPs are trained in motivational interviewing and can
assist in accessing specialist care
- Alcohol audit Risk assessment,
- Inpatient detox alcohol & amphetamine
- Home alcohol detox available for suitable cases
- Hepatitis C treatment programme by all GPs
- GP Mental health plan
- Care plan for chronic conditions
- Clean needle programme at
Angaston, Gawler & Tanunda Hospitals.
- Methadone and Suboxone prescriber
at the Tanunda Medical Centre ☎ 8563 2777

Drug and Alcohol Services South Australia (DASSA) - a
statewide health service that offers a range of prevention,
treatment and education services for people with alcohol,
and other drug issues. Call 1300 131 340 to speak with a DASSA
worker about assessment and information about services in
Gawler, Tanunda and Clare.

DASSA worker based in the Barossa and Gawler ☎ 7485 4600

MENTAL HEALTH SERVICES

Community Mental Health Service - For adult mental health
services, phone the Mental Health Triage.
Available 24/7 ☎ 13 14 65

Sonder - Get support for alcohol and/or other drug use and
mental health concerns through one integrated program.
Sonder's AIM program is available for adults aged 16 years or
over. AIM is free to access, delivered from Nuriootpa.
🏠 14 Scholz Ave, Nuriootpa ☎ 8209 0700
✉ info@sonder.net.au

PSYCHOSOCIAL SUPPORT

Lutheran Care - Community Connections, Emergency Relief,
Financial Counselling, Counselling - Family and Relationship
Services

🏠 109-111 Murray St, Tanunda (entry via MacDonnell St.)
☎ 8562 2688 (ages 18-64)

Carefinder (Country Outback Health) ☎ 8644 4900 (ages 65+)

Barossa Cares (Barossa Council Website) barossacares.com.au

Centacare- Outer North Youth Homelessness Service

🏠 21 Second St, East Room, Nuriootpa.
☎ 8303 6625 or ✉ nuriootpa@centacare.org.au

Homeless Connect SA ☎ 1800 003 308

Parent helpline ☎ 1300 364 100

Carers SA ☎ 1800 422 737

Carers and Disability Link ☎ 8562 4000 🌐 cadl.support

Relationships Australia

☎ 1300 364 277 🌐 rasa.org.au/services
🏠 13 Elizabeth Way, Elizabeth SA 5112 ☎ 8255 3323

Regional Access Counselling Service

Free professional phone and online counselling
for 15 years and over
☎ 1300 032 186 🌐 saregionalaccess.org.au

Life Without Barriers

14 sessions of free drug and alcohol counselling with the two
closest offices to the Barossa being Clare and Gawler.
phone option is available
☎ 8193 9400