



Concerned about your
drinking or drug use?
It's ok to ask for help

ALCOHOL & DRUG COUNSELLING

FREE professional
counselling

Talk to us today...

Sometimes we use alcohol or drugs to deal with problems and feelings. Over time this can cause problems.

If you think you or someone you know has a problem with alcohol or drugs the first step to getting help is talking to one of our counsellors.

How we can help

Our experienced counsellors can help you with confidential support and advice including:

- ◆ counselling
- ◆ helping you to reduce the harms associated with alcohol and drug use
- ◆ putting together a plan and practical strategies to deal with or reduce your use
- ◆ information and referral to other treatment and support services
- ◆ support in dealing with the impact of drug use on families and loved ones
- ◆ links to further information and education resources
- ◆ group programs.

Do I need a referral?

No, if you or someone you know has a drug or alcohol problem you can call us today for a confidential chat or book an appointment. We also take referrals from:

- ▶ GPs and other health care professionals
- ▶ community organisations
- ▶ youth workers
- ▶ mental health services
- ▶ corrective services.

Is there a cost?

No, our counselling services are FREE.

Where you can find us

We service the Gold Coast northern corridor, with mobile outreach available.

Our Nerang office is at 29 Martin Street, QLD, 4211 (our building is the one at rear of the Neighbourhood Centre).



WANT MORE INFORMATION?

Call us on **1300 727 957** or visit **www.liveslivedwell.org.au**

Lives Lived Well works in partnership with QuIHN to deliver drug and alcohol services to this region. This program is supported by Gold Coast Primary Health Network.



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GOLD COAST

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