



Alcohol & Drug Services is just one of the services provided by Community Services, Colac Area Health.

Other Community Services include::

- Community Dental Clinic
- General Counselling
- Child FIRST
- Family Support Program
- Social Work
- Financial Counselling
- Transitional Housing Support
- Gamblers Help
- Needle Syringe Program

### Colac Area Health Community Services Sites

#### Colac Area Health

2-28 Connor St, Colac 3250  
Telephone: (03) 5232 5140  
info@cah.vic.gov.au

#### Adult Day Activity Centre

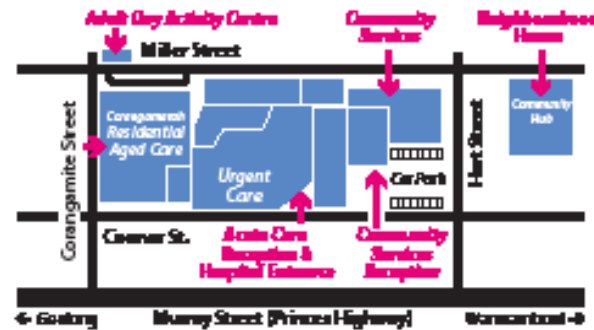
2 Miller St, Colac 3250  
Telephone: (03) 5232 5351  
adac@cah.vic.gov.au

#### Colac Neighbourhood House

23 Miller St, Colac 3240  
Telephone: (03) 5232 5210  
nhouse@cah.vic.gov.au

#### Birregurra Community Health Centre

Strachan St, Birregurra 3242  
Telephone: (03) 5236 2000  
birregurra@cah.vic.gov.au



# Alcohol and Other Drug Services

*Harmful alcohol and drug consumption can lead to conditions and incidents including deterioration of general health, cirrhosis of the liver, cancers, stroke, inflammatory heart disease, hypertension, accidents, memory lapse, falls, suicide and drowning.*

*Are you at risk?*

*Maybe we can help.*

*Call us on 5232 5140 or 5232 5180*

**Colac Area Health**  
**Alcohol & Other Drug Service**  
2-28 Connor Street,  
Colac, Victoria 3250



Work with us

Volunteer

Make a donation

2-28 Connor Street, Colac, Victoria 3250  
03 5232 5100 | info@cah.vic.gov.au

[www.cah.vic.gov.au](http://www.cah.vic.gov.au)



Quality Community Care



*The number of people in the Colac area that drink alcohol at harmful levels has increased to levels well above the Victorian average.*

*Is alcohol or other drugs affecting the way you want to live?*

*Have you decided to make a change in your life?*

*For more information about the Alcohol and Other Drug Service please call 5232 5140 or visit us at 2-28 Connor Street, Colac 3250.*

Substance misuse, has the capacity to impact on every aspect of your life. It can cause feelings of guilt, shame, fear, hopelessness, failure, rejection or anxiety - symptoms associated with depression. Family, overall health, life expectancy, disability, employment, income, imprisonment, domestic violence and sexual abuse are all areas affected by substance misuse.

### ***Counselling, Consultancy and Continuing Care Program***

In addition to counselling we can provide other services such as referrals to Withdrawal Units or Residential Rehabilitation Programs.

### ***Family Alcohol & Other Drug Counselling Program***

The Family Alcohol & Other Drug Program seeks to work with families on a holistic basis, where another family member is affected by Alcohol & Other Drug issues. This Program is available to partners, parents, siblings or significant others.

### ***Rural Outreach Diversion Program***

The Rural Outreach Diversion Worker predominantly works with young people aged 16 to 25 years who have alcohol or other drug issues. The Rural Outreach Diversion Worker is able to see clients in their homes or other places as agreed by the client and worker.

The Rural Outreach Diversion Worker also has strong links with other youth services.

### ***Alcohol & Other Drug Supported Accommodation Program***

The Alcohol & Other Drug Program has access to three Transitional Houses through the Supported Accommodation Program. The accommodation is for clients who are currently engaged or are willing to be engaged in one or more of the programs offered by Colac Area Health. The accommodation is available from two to twelve months.

The Supported Accommodation Worker supports clients who are homeless and waiting for housing and assists to find long term housing.

### ***Assessment and Referral***

Referrals to the Alcohol and Other Drug Service can be made at any time, either personally at Community Services Reception or by phoning 5232 5140.

Once you have made contact with us, you can access the service in two ways:

- If you have not engaged with the Alcohol & Other Drug Service before, or if you haven't seen a worker for twelve months, you will be given an appointment time for an assessment. Your assessment is reviewed at the next Alcohol & Other Drug Service team meeting and you will then be matched to a worker and program type that best suits your needs.
- If you have seen a worker in the past twelve months, you will not require an assessment.