



Alcohol, Tobacco and Other Drug Service Directory

August 2024

No Harm, No Discrimination

atdc
Alcohol, Tobacco and other
Drugs Council Tasmania



Face-to-face services

ALCOHOL AND DRUG SERVICES (GOVERNMENT)

<i>Statewide Service</i>	1300 139 641 www.dhhs.tas.gov.au	11 Grove St, Ulverstone 13 Mulgrave St, Launceston St Johns Park, New Town
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Consultation Liaison Service (South)

Based at the Royal Hobart Hospital, this service supports clinical staff by providing expert assessment, information, brief intervention, advice and often shared care in the clinical management of patients admitted to the hospital with significant and complex alcohol and other drugs related issues.

Opioid Pharmacotherapy Program

This program manages the prescribing of regular doses of opioid substitution drugs to assist patients in stabilising their lives, improving their physical and mental health and their social functioning and relationships. Support is provided by specialist medical and nursing professionals. Pharmacotherapy support is provided in all three regions and operates a specialist pharmacotherapy unit (with dosing capacity) at St Johns Park, New Town.

Psychosocial Interventions Program

This program provides a range of psychosocial interventions including assessment, counselling, key worker/case management, coordination of care, group work, information, and community education.

Smoking Cessation Program

This program offers education and support to health professionals conducting brief smoking cessation interventions with their patients to help them quit smoking.

Inpatient Withdrawal Management Unit

This is a specialist 10-bed inpatient withdrawal unit that supports individuals from all regions of the State, at St Johns Park, New Town.

Youth Program

*This program is a free and confidential alcohol and other drugs counselling service for young people concerned about their own alcohol and other drugs use. Individual counselling and group programs are available. **YOUTH SERVICE***

ANGLICARE TASMANIA

<i>Statewide Service</i>	1800 161 266 www.anglicare-tas.org.au	6 Strahan Street, South Burnie 31 King Street, Devonport 122 Elizabeth Street, Launceston 159 Collins Street, Hobart 436 Main Road, Glenorchy 102 Main Street, Zeehan
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Statewide Alcohol and Other Drugs Helpline - 1800 161 266

Assisting people to access information or support services for alcohol or drugs. The Anglicare Alcohol and other Drug Helpline can provide answers to your questions and advice on practical 'next steps'. Counsellors are available by phone Monday to Friday, 9am – 5pm to provide support, information, counselling and referral to drug and alcohol services state-wide.

Anglicare Drug and Alcohol Treatment Service (ADATS)

ADATS's professional allied health workers provide tailored treatment designed to support a client living free from substance



dependence. Services include screening and brief intervention, counselling, case management and after-care. This is a free statewide service.

Break O'Day Alcohol and other Drugs Service

This service offers support, counselling and practical help if a person is experiencing problems related to their own alcohol and other drugs use or that of someone close to them. This free service is for residents of the Break O'Day municipality and is based at 56 Cecilia Street, St Helens (home visits are available).

Care Coordination Service

This free service works alongside individuals with multiple and complex needs providing a central contact point to access all the services the person is involved with. Together with the individual, their care is coordinated by the development of an individual care plan to ensure the most appropriate services are provided. The individual is supported to play an active role in decision-making. The program is for people specifically referred by the government's Alcohol and Drug Service (ADS). Referrals can also come from Youth, Family and Community Connections (YFCC) in Burnie and Devonport. Care Coordination Service is offered statewide.

Family Support Service - North/Northwest

This service can help if an individual is affected by a family member or close friend using alcohol and other drugs. Counselling is offered on the phone or face-to-face, and support can be either long or short-term. Information and community education sessions are also available. Family Support Service is a free service and is offered from Devonport and Launceston.

SMART Recovery Groups – Statewide

Self-Management and Recovery Training (SMART) is a group program offering a supportive environment for people to achieve their goals to change problem behaviours related to alcohol, drug use, gambling, hoarding or other behaviours of concern. Participants can attend face-to-face in the South or via online groups.

SMART Recovery Family and Friends

Being in a close relationship with someone struggling with problem behaviour can be highly stressful. The SMART Family and Friends Program is designed to support people who are struggling with a problem behaviour related to alcohol, drug use, gambling, hoarding or other behaviours of concern. Participants can attend face to face in the north and northwest.

Blood Borne Virus Aware Program - Statewide

BBVAware aims to reduce stigma in the community associated with blood-borne viruses (BBVs) by providing information, front-line staff training and Needle and Syringe Programs.

Kids in Focus

The Kids in Focus program provides support and counselling to families affected by the use of alcohol and other drugs. It supports an individual in making positive changes for themselves and their children. It is a free, confidential and voluntary program, welcoming people who are culturally and linguistically diverse, Aboriginal and Torres Strait Islander communities and all families. This service is offered statewide. **YOUTH SERVICE**

Needle and Syringe Program (NSP)

A confidential, free and friendly service with a range of injecting equipment, disposal facilities and resources for people who inject drugs. Staff can provide brief interventions, referrals, equipment demonstrations and information.

The NSPs are located at 159 Collins Street and 436 Main Road, Glenorchy (please contact them directly for opening times).



CANCER COUNCIL TASMANIA – QUIT TAS

Statewide Service (03) 6169 1900 15 Princes Street, Sandy Bay
www.cancertas.org.au PO Box 147, Sandy Bay 7006
Quitline: 13 7848
www.quittas.org.au

Quit Tasmania promotes health for all people in Tasmania by undertaking activities designed to eliminate or reduce exposure to tobacco in all its forms. Quit Tasmania also promotes public awareness of the harm of tobacco use and the provision of specialist information, support and resources.

CITY MISSION - LAUNCESTON

Northern and Northwestern Tasmania (03) 6335 3000 46 Frederick Street, Launceston
(03) 6435 4654 122 West Mooreville Rd, Burnie
(03) 6391 8013 75 Leighlands Rd, Evandale
www.citymission.org.au

Launceston City Mission in Frederick Street provides a safe and monitored environment to sober up, referral and information on support/treatment options.

Missiondale Residential Recovery

Missiondale is a residential recovery program (up to 12 months) where individuals are given the support to make positive changes in their lives. The program is for people over the age of 18 years who wish to overcome any life-controlling addiction. This beautiful rural property is located at 75 Leighlands Road, Evandale. Tel: 6391 8013.

Serenity House

This is a two-week time-out facility on the beautiful northwest coast. Serenity House is also a 'sobering up place of safety centre and is located at 122 West Mooreville Road, Burnie. Tel: 6435 4654

CIRCULAR HEAD ABORIGINAL CORPORATION (CHAC)

Northwest Coast (03) 6452 1287 10 King Street, Smithton
www.chac.com.au

Alcohol and other Drug Program

The alcohol and other drugs educator provides free family and individual support, assessment, outreach and referral, information and assistance going to services, and a holistic approach to well-being. They also offer alcohol and other drugs awareness workshops (group and art therapy) in a friendly, non-judgemental and confidential manner, to increase awareness of the impacts of alcohol and drug use within the Circular Head Aboriginal Community.

Illicit Drug Diversionary Initiative (IDDI)

This is an alcohol and other drugs counselling, referral, transport and employment pathways service available to first-time drug offenders. Police divert individuals caught using or possessing small quantities of illicit drugs to CHAC for education, counselling or referrals. This program is designed as an alternative to facing court for convictions. Both adults and juveniles can be diverted through police referrals.

Safety and Wellbeing Drug and Alcohol Awareness Support

The Alcohol and Other Drugs program at CHAC offers a dedicated Coordinator who supports individuals and their families with services tailored to suit their needs. These services include:

- Referrals to other services
- Home visits and outreach services
- Advocacy
- School and community education



- Provides transport to appointments and accompanying clients upon request.
- One on one case management, that will see more intense support with daily/weekly check-ins, advice and education for everyday situations.
- Cultural safe trips on Country

CORNERSTONE YOUTH SERVICES (INCLUDING HEADSPACE)

North and Northwest Region

(03) 6335 3100

www.cornerstoneyouthservices.com.au

Cnr Wellington and Brisbane
Streets, Launceston

64 Stewart Street, Devonport

Level 1, 10 Mount Street, Burnie

Cornerstone Youth Service delivers a broad range of services to young people aged 12-25 in the north and northwest. There is a focus on health promotion, prevention, education, early intervention and developing help-seeking behaviours. Launceston services include access to 'no charge' GPs and specialist youth health nurse clinicians, immediate support via intake service, individual and group support and activities, school programs, and advocacy to access many other services. **YOUTH SERVICE**

DRUG EDUCATION NETWORK (DEN)

Statewide Service

1300 369 319

www.den.org.au

57F Brisbane Street Hobart

Family and Friends

DEN provides non-judgemental information, referral pathways and resources to families and friends seeking information about the prevention and reduction of harms from alcohol and other drug use.

School Drug Education

DEN provides teachers and school nurses with professional development training, curriculum support and resource provision, as well as delivering classroom-based drug and alcohol education sessions for students. These sessions focus on preventing and reducing the harm caused by drugs. DEN also provides parent and guardian educational information sessions or symposiums to provide information about topics like risk-taking, referral pathways and safe partying advice.

Community Service Support

DEN understands that each community service setting is unique. DEN will modify a wide selection of core training and education packages to suit you and your client's needs. To check out the types of training available, check out:

<https://www.den.org.au/education-training/bespoke-training-workers/>

THE HOBART CLINIC

Southern Tasmania

(03) 6247 9960

www.thehobartclinic.com.au

31 Chipmans Road, Rokeby

Suite 2, Level 1, 175 Collins Street,
Hobart

The Hobart Clinic is an accredited private hospital and Tasmania's leading not-for-profit treatment centre for anxiety and depression, clinical mental health conditions and alcohol and other drug addictions. Patients must have private health insurance or be self-funded.

Detox program

This inpatient program is only available at the Rokeby clinic and is for people choosing to address their use of alcohol and other drugs, commencing with managed detox and progressing into supported recovery involving psychoeducation. Outpatient treatment and a range of day programs are offered at both clinics.

Day Programs include:



- Weekly Alcohol & Drug Treatment and Recovery program – Held at Rokeby each Tuesday morning
- Alcohol & Drug Treatment Program (8 weeks) – Held at the Mind Hub City when available
- Mindfulness-Based Relapse Prevention (8 Weeks) – Held at the Mind Hub City when available

HOLYOAKE TASMANIA INC

Southern Tasmania

(03) 6224 1777

127 Davey Street, Hobart

www.holyoake.com.au

Holyoake Tasmania provides specialised, evidence-based therapeutic interventions for children, young people, adults, couples and families aimed at reducing the negative health, social, and economic consequences associated with alcohol or drug use or other addictive behaviour. Holyoake also provides education and information to schools, community groups, community services and private organisations.

Get Real Youth Program

This program is for 12 - 24-year-olds who are experiencing difficulties related to their use of alcohol or other drugs or other addictive behaviour. **YOUTH SERVICE**

Focus

This program is for family and friends of someone with addictive behaviour.

Gottawanna

This is a program for adults who are seeking help for their alcohol or drug use or other addictive behaviours.

Drumbeat

A music therapy intervention program designed to engage young people at risk of harm from the misuse of alcohol and other drugs or other addictive behaviours. **YOUTH SERVICE**

Parent program

This is a program for parents concerned about their children's alcohol or drug use.

Illicit Drug Diversion Initiative

This program provides assessment, brief intervention and treatment for adults diverted through alternative sentencing options by the justice system.

Holyoake Ice program

This is a specific support program for crystal methamphetamine addiction.

Young People's Program

This is a program for children 6 - 12 years who are affected by a family member's addictive behaviour.

Play Talk

This is a program for children up to 6 years of age who are affected by a family member's addictive behaviour.

Couples counselling

Holyoake offers specific support for couples affected by addictive behaviour.

MENTAL HEALTH FAMILIES AND FRIENDS TASMANIA

Statewide Service

(03) 6228 7448

Ground Floor, 2 Terry Street,
Glenorchy

www.mhfamiliesfriendstas.org.au

To promote and improve the well-being of families and friends of people affected by mental ill health and/or substance misuse through support, education, referrals and systemic advocacy from a family and friends' perspective, drawing on live experience to improve mental health and Alcohol and other Drugs services.



PATHWAYS TASMANIA - VELOCITY TRANSFORMATIONS PROGRAM

Statewide Service (03) 6278 1777 112 Risdon Rd, Moonah
1800 879 090
www.pathwaystas.org.au/programs/vt

Velocity Transformations offers both male and female residential drug and alcohol rehabilitation programs in Tasmania. As part of a nationwide, evidence-based, faith-supporting, peer-to-peer community, we aim to free people from the grip of addiction. Our foundation rests on a residential therapeutic community model, bolstered by individualised case management, group therapy, and an evidence-based psychoeducational curriculum.

At Transformations, we assist clients in addressing the core reasons behind their addictions.

We have 12 residential beds available in our men's program and eight residential beds available in our women's program.

THE SALVATION ARMY ALCOHOL AND OTHER DRUGS (BRIDGE PROGRAM)

Statewide Service (03) 6425 7453 15 Adaihi Street, Ulverstone
(03) 6323 7534 111 Elizabeth Street, Launceston
(03) 6232 2900 Creek Road, New Town
www.bridgetasmania.org.au

Residential Rehabilitation (Hobart and Ulverstone)

This is a tailored inpatient residential rehabilitation program offering the most intensive treatment support for participants, and to support participants to enhance their capacity and skills to manage their substance use goals. A range of treatment interventions including tailored non-residential day support programs are also offered. There is a cost involved – please contact the Bridge Program for more details.

Community-based alcohol and other drugs withdrawal service (Hobart only)

A registered nurse works with the Inpatient Withdrawal Unit to help manage safe and comfortable withdrawal in the residential facility. Access is based on an assessment by the Inpatient Withdrawal Unit GP. Referrals can be made by friends, family or individually. There are some costs involved for prescribed medications used.

Counselling

Individual and family counselling is available (at no charge) at the Bridge. Counsellors can meet at suitable places in the community.

Family Programs

Support groups and programs are available for family members of people supporting a loved one with substance use.

Day Programs

Various programs operate from Monday to Friday, including counselling, group work (Foundations Program) and the Getting Smart series. Some of these are on site and others are in community-based settings. Contact the Bridge Program for more information.

Ongoing Support

A flexible package can provide ongoing care for individuals who have completed live-in or day programs. The 'after care', or recovery support is offered for up to 12 months, to encourage independence.

Online Treatment Programs

A 10-module Early Recovery Skills program is available free of charge on our website at <https://www.bridgetasmania.org.au/>.

Needle and Syringe Program (NSP)

Clean injecting equipment and disposal services are available at 111 Elizabeth Street, Launceston.

**ST HELEN'S PRIVATE HOSPITAL**

Southern Tasmania

(03) 6221 6444

186 Macquarie Street, Hobart

www.sthelensprivatehospital.com.au**Managing Addictive Behaviours**

This outpatient group program offers support, within a therapeutic environment, to people experiencing problematic addictions, including the misuse of alcohol and drugs or gambling resulting in risks to health, relationships and ability to work. This group program combines psychotherapy with psychoeducation and includes interactive discussion sessions.

Detox program

This inpatient program is for people choosing to address their use of alcohol and other drugs, commencing with managed detox and progressing into supported recovery involving psychoeducation. Topics include urges and cravings, values, triggers, nutrition, taking responsibility and motivation in recovery. Costs associated with this program must be covered by private health insurance or self-funded.

TASMANIAN ABORIGINAL CENTRE

Statewide Service

(03) 6234 0777

56 Patrick Street, Hobart

(03) 6332 3800

182 Charles Street, Launceston

(03) 6436 4100

53 Alexander Street, Burnie

Free Call: 1800 132 260

www.tac.com.au

The alcohol, tobacco and other drugs program is run by the Aboriginal Health Service, to help people live happily without alcohol, tobacco and other drugs and to help our children learn more productive ways of coping with life's challenges. The service is free and confidential.

THE LINK YOUTH HEALTH SERVICE

Southern Tasmania

(03) 6231 2927

57 Liverpool Street, Hobart

www.thelink.org.au

The Link Youth Health Service includes an Alcohol, Tobacco and Other Drugs (ATOD) Program which offers free, confidential supportive health services for youth (12-25 years) for problems associated with ATOD use. These services include counselling, advocacy, prevention and early intervention, harm minimisation, health promotions, brief intervention, outreach services and referrals to other services. The ATOD program also offers information and support for family and friends who are being affected by a young person's ATOD use. **YOUTH SERVICE**

Open Access Area

Young people (12-25) can use a washing machine and dryer, shower, a telephone, a phone charger and/or Wi-Fi. All services at The Link open access area are free and young people can also have a cooked meal or hot drink, access take-away groceries, toiletries, contraception and sanitary items, or speak to trained and friendly youth health workers about any issues that concern them.

A Centrelink Worker is available on Wednesdays at 1pm and a worker from the Hobart Legal Service is available at 1pm on Thursdays.

Young people can apply for help through the Youth Health Fund for costs associated with one-off medical expenses such as prescription costs or support for GP appointments and other medical necessities.

There are free second-hand clothes available, lockers can be accessed, and mail can be sent there for collection.

We also run social groups, such as OutSpace, an LGBTIQ+ peer group that happens once a month.

Needle and Syringe Program (NSP)

This service provides information, clean injecting equipment and disposal facilities.



Level Up

This is a program for young people who are ready to make positive changes in their alcohol and other drugs use.

Headspace (onsite with The Link)

A team of friendly professionals who specialise in mental health-related issues experienced by young people.

UNITING VIC.TAS – HOBART CATALYST

Southern Tasmania

(03) 6244 1144

2 Swan Street, North Hobart

catalyst-tas@unitingvictas.org.au

www.unitingvictas.org.au

Uniting Vic. Tas is the community services organisation of the Uniting Church, delivering services and programs across Victoria and Tasmania.

Catalyst

A free, five to six-week non-residential day program for people 18 years and older wanting to make lasting changes to their alcohol or drug use. Catalyst is a post-withdrawal program, meaning all participants will need to either complete a residential withdrawal the week prior to the program commencing, or engage with workers to demonstrate a period of abstinence.

The program runs Monday to Friday with activities scheduled between 10am and 3pm. The program includes group work, recreational activities, and complementary sessions to help people develop coping skills, maintain motivation, and find a more balanced lifestyle. Most of the program is run by a team of experienced counsellors, who utilise Cognitive Behavioural Therapy (CBT) to assist people to identify and change unhelpful thinking patterns. They have experienced external staff delivering some elective sessions, and several trained consumers who return to share their experiences with the group. In addition, their Peer Support Worker can support people in the lead up to the program starting as well as beyond them finishing.

Catalyst is ideal for people who are post withdrawal and looking to take a break from substance use during the time of the program. Participants will need to be able and willing to engage in group work and in a situation in which they will be able to attend the program daily.

Referral Process - agency referral or can self-refer.

Youth Catalyst

A program for 18-25 year olds to work through individual goals for alcohol or other drug use. The program is free to attend and runs Tuesday-Thursday 10am-3pm. The program runs for a three-week duration and has a harm reduction focus.

Referral process- agency referral or can self-refer.

YOUR SAY ADVOCACY TAS

Statewide Service

Free Call: 1800 005 131

PO Box 426 Sandy Bay Tas 7006

Call: (03) 6224 2240

Text: 0457 806 963



www.advocacytasmania.org.au

It's Your Say.

If you use alcohol, drugs, tobacco or prescription medication, we can help you.

We are based right across Tasmania. We are client-directed. You decide how you want us to support you

Best of all, everything we do for you is confidential, independent, professional and FREE!

We help other people understand you and your situation, and can support you to:

- Access counselling, psychological support and other services
- Access alcohol or drug support services
- Access rehabilitation or detoxification programs
- Get information about pain management options
- Talk to other services such as NDIS, Housing or employment services
- Talk to your GP or pharmacist

YOUTH, FAMILY AND COMMUNITY CONNECTIONS (YFCC)

Northwest Coast

(03) 6423 6635

www.yfcc.com.au

[Facebook](#)

64 Stewart Street, Devonport

129 Wilson Street, Burnie

**Outreach Service: All NW Coast
including West Coast, Smithton
and King Island**

Counselling & Case Management Services

YFCC provides a wide range of services to address the needs of community members whose lives are affected by alcohol and other drugs use including early intervention, outreach services, specialist intervention, group work, support and information to families/carers and friends. All services are free, and confidential and are available right across northwest Tasmania, including the West Coast and King Island.

Prevention & Education Services

*YFCC has a range of evidence-based programs and workshops we deliver in schools, colleges and community settings. These programs cover a range of drug and alcohol domains and related issues such as vaping, mental health and relationships. Our workshops are based on harm minimisation principles and aim to support participants in making informed choices. **YOUTH SERVICE***

Needle and Syringe Program (NSP)

The NSP provides information, clean injecting equipment and disposal services at 62 Stewart Street, Devonport.



Helpline services

ALCOHOL AND DRUG INFORMATION SERVICE

Telephone: 1800 811 994

The Alcohol and Drug Information Service is a confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

The service is available 24 hours/7 days a week.

FAMILY DRUG SUPPORT

Telephone: 1300 368 186

Family Drug Support is a caring, non-religious organisation that provides non-judgmental, non-directive support and information to families and friends of people who use drugs across Australia.

Their telephone support line is available 24 hours/7 days a week.