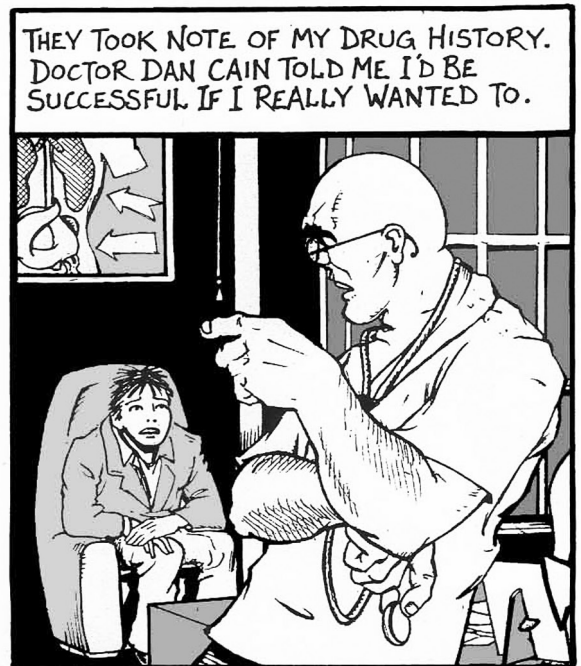


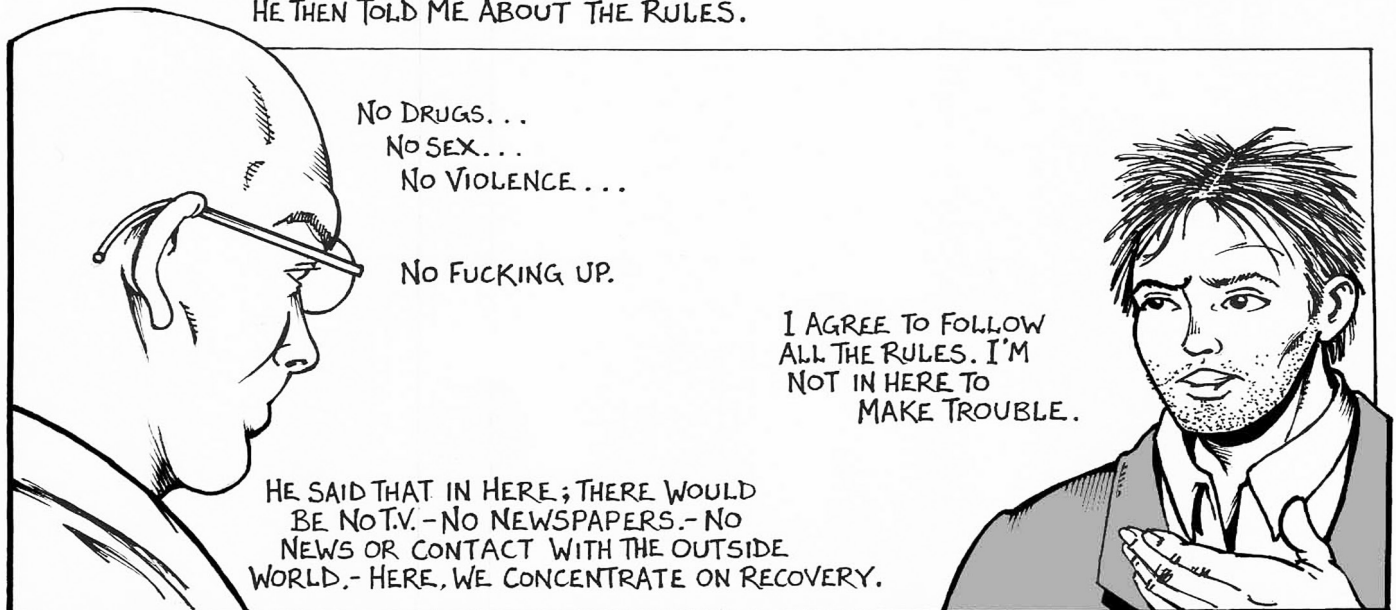
JEFF WAS IN DEEP. HE KNEW HE HAD A HABIT, AND HE WANTED TO QUIT. WHAT HE DIDN'T KNOW WAS THAT HE'D BOOKED HIMSELF INTO...

The Last Rehab

BEAUCARDINE, 2012.



HE THEN TOLD ME ABOUT THE RULES.



DAY 1. - I MEET ALL THE OTHERS. MOST ARE FRIENDLY ENOUGH. IT'S LIKE WE'RE ALL PART OF A SECRET CLUB...

LIKE STONE MASONS...

-- OR CTHULHU CULTISTS.



BY THE EVENING OF DAY 3... I'M NOT FEELING SO VERY CHIPPER...!

JESUS!

WITHDRAWALS KICK IN, IN THEIR TIME HONOURED AND LEGENDARY FASHION.

SO FUCTION UP...

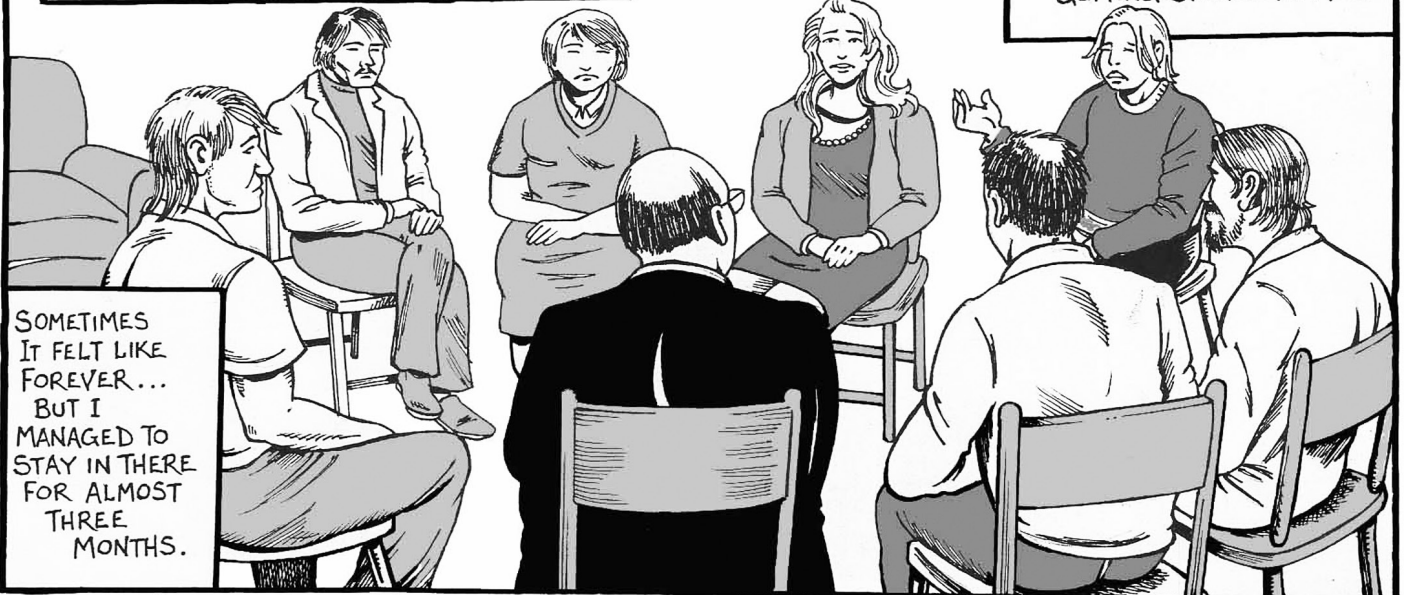
THE PEOPLE HERE GIVE ME SOMETHING TO SLEEP, BUT MY CURSED BODY CRAVES MORE. I WAIT. I ENDURE...



I SIT IT OUT. I DO MY BEST NOT TO ... JUST LEAVE!

BUT I STAYED... I DID THE HARD YARDS... I WENT TO THE LESSONS. THE GROUP THERAPY. I DID MY BEST TO GAIN THE TOOLS I NEEDED.

I DO NOT THINK ABOUT GETTING STONED AT ALL.



SOMETIMES IT FELT LIKE FOREVER... BUT I MANAGED TO STAY IN THERE FOR ALMOST THREE MONTHS.

THEN IT WAS THE TIME TO LEAVE THE HOSPITAL. I WAS SCARED... -- BUT I WAS CLEAN!



THERE ARE GOODBYES AND HUGS... I THANK DR. CAIN FOR ALL HIS HELP... HE THANKS ME!

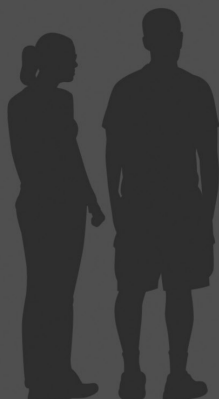
SURPRISE!

AND BEFORE I KNOW IT... I'M BACK ON THE STREET.





ATAHC II



HAVE YOU BEEN INFECTED WITH HEP C IN THE LAST 2 YEARS?

The Australian Trial in Acute Hepatitis C (ATAHC II) is a research study in people with recently acquired Hep C and is seeking volunteers to take part

The study is examining individualized treatment for people with recent HCV, however you can also take part and help even if you don't want treatment.

To take part in the study you must be aged 16 years or more AND have acquired Hep C in the last 2 years.

Note: current or recent drug use does not exclude you from taking part in the study.

INTERESTED

Contact Barbara Yeung at The Kirby Institute

Phone: 02- 9385 0879 **Email:** atahc2@kirby.unsw.edu.au



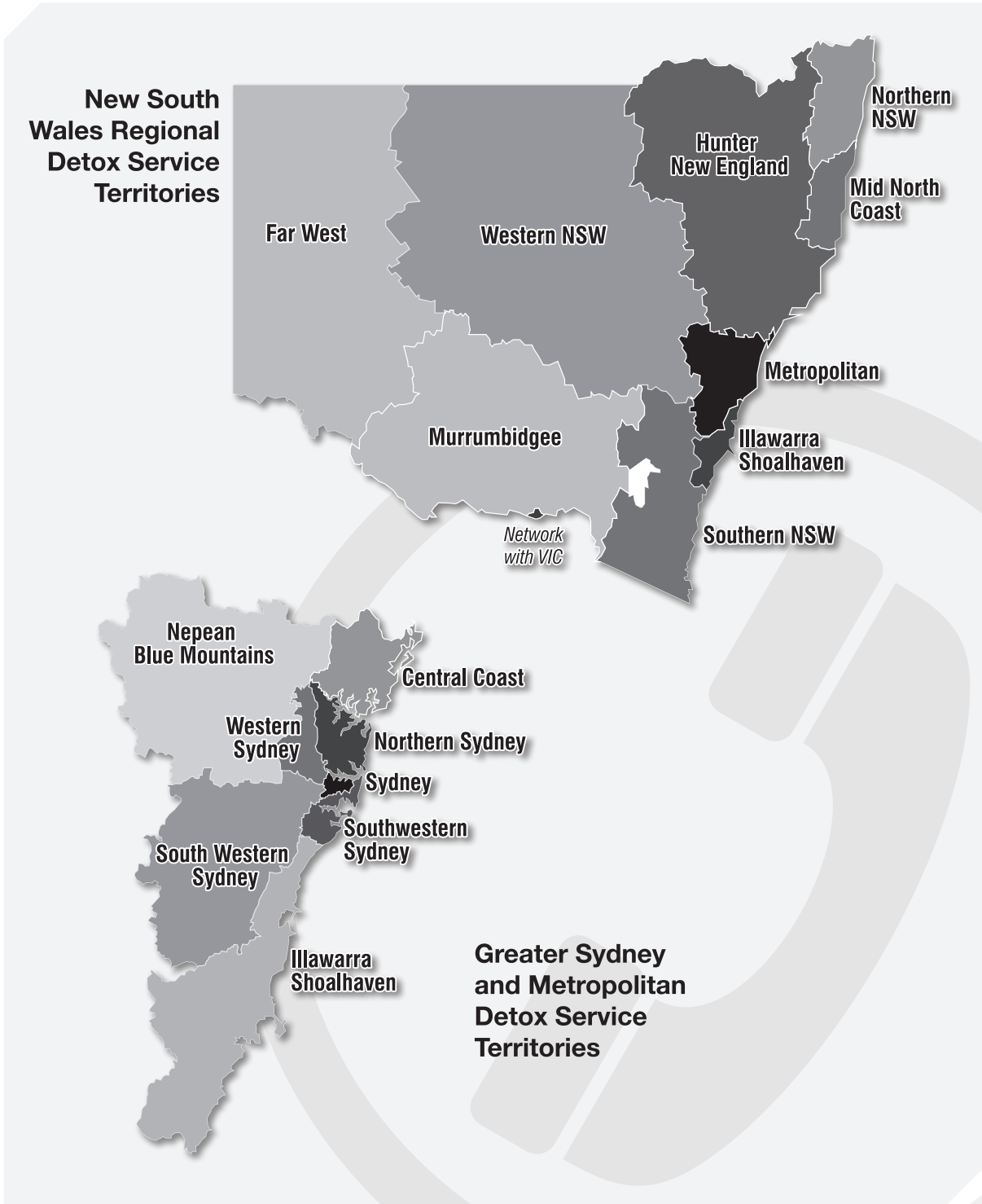
The study is being conducted by The Kirby Institute, University of New South Wales, and approved by St. Vincent's Hospital Human. Research Ethics Committee (ref: 10/SVH/137). For general information about Hep C contact Hepatitis Helpline 1800 803 990.

Version 2.0 dated 23-04-2012

Detox Lines List

Below are updated numbers for intake lines for local alcohol and drug treatment services in NSW.

Name of Service	Contact Number
Alcohol and Drug Information Service (ADIS)	1800 422 499
Northern NSW Local Health District Drug and Alcohol Helpline Riverlands, Lismore	(02) 6620 2060
Hunter New England Local Health District Drug and Alcohol Helpline (Belmont Hospital) Intake hours 8am-4pm	(02) 4923 2060
Western Sydney Local Health District Westmead Hospital intake line	(02) 4734 1333
General contact information	(02) 9845 9900
South Eastern Sydney Local Health District St George Hospital	(02) 9113 2944
General contact information	(02) 9113 2489
Northern Sydney Local Health District	(02) 9926 7775
Illawarra Shoalhaven Local Health District	1300 652 226
Central Coast Local Health District – Gosford-Wyong Drug intake line	(02) 4734 1469
Mid North Coast Local Health District (Coffs Harbour) Drug intake line	1300 662 263



The Day I Died Twice

One morning many years ago when I was younger, wilder and stupider than I am now, I set off to pick up my methadone. For no reason I had decided that day I was on a mission to get absolutely smashed. After drinking my dose and banging my two takeaways I started the search to buy Rohypnol (these were the days of the old white 2mg 'Rohies'). One frustrating hour later, some weird guy revealed to me that I could purchase Phenergan (antihistamine for those of you who aren't up on your pharmacology) over the counter at the nearest chemist. Ingesting just two 25mg tabs would get me shit-faced. Five minutes later I was tossing an empty packet of Phenergan in the trash at the mall having decided to take the lot just to make sure. No sooner had I done this than I managed to score a nice pile of 'Rohies' which immediately joined the mixture percolating in my stomach. After this things get a little hazy; well, a lot hazy.

I have a vague memory of bouncing off walls trying to walk; then I was magically in the alley behind a fish-and-chip shop. The owner had called the police after I didn't obey his instructions to remove myself from his premises (not that I was capable of walking by this stage). When the police arrived they called an ambulance. I had stopped breathing. One policeman was in favour of just leaving the junkie to his fate, but his partner immediately began CPR. He single-handedly administered mouth-to-mouth and cardiac compressions despite the fact that I was so far gone I had grey cerebral fluid leaking from my brain coming out of my mouth, until the ambos arrived. It took three shots of Narcan to bring me round. On the third one I woke up swinging and refused to go to hospital. Instead I walked over to a pile of boxes where I proceeded to carefully place a smaller box inside a bigger one, until I had my own cardboard-box-Russian-Babushka-doll thing.

Next I found myself in a diving shop where I proceeded to sweep merchandise off the shelves. Creating havoc was definitely becoming the theme for the day. The police were called, again. I retaliated by launching scuba tanks and anything else at hand at them. More police arrived, helicopters were flying overhead, the news cameras were there, but all of this passed unnoticed by me.

Finally the police went next door to a camping shop and charged at me *en masse* with a big tarp, wrapping me up like a human burrito.

A few hours later I awoke. I deduced I was in the hospital emergency section when the first thing I saw was a doctor with his arms up to the elbows inside some guy's chest. Apparently I'd flatlined again. I was on a respirator (I couldn't talk as the tubes go between your vocal cords) so I banged the finger that had one of those little plastic monitors clipped onto it against the metal hospital bed bars to get the nurse's attention. I really wanted those respirator tubes out! When the nurse came I pointed vigorously at my face where the tubes were, and after a mimed argument the doctor finally agreed to remove the respirator. I think grabbing him by the front of his shirt and giving him the hairy eyeball helped convince him. As I wasn't planning on hanging around I was left with one problem: clothes. They'd been cut off me when I was brought in. I demanded dead men's clothes to no avail. I was forced to catch the train wearing one of those flattering hospital gowns that are open at the back, paired with my steel-capped boots. I can only imagine the view from behind as I climbed the Chatswood station stairs, gown flapping. I finally arrived at my squat. It took two weeks for my head to stop pounding due to the loss of cerebral fluid.

A few weeks later I entered the dive shop to apologise to the owner and was amused to see him rush to the back of the shop and lock himself in the office. Through a small window I calmly tried to voice my apology. He just kept nodding and saying "Yes, yes, it's okay, please go now." Under the circumstances I can understand. I also thanked the policeman who'd kept me alive through his refusal to stop giving me CPR. He said "You know that grey stuff that was coming out of your mouth? It was absolutely foul!" "Yeah, that was cerebral fluid," I replied. "Well, it tasted and smelt bloody awful! I don't know how you survived!"

Neither do I. But I did. Twice.

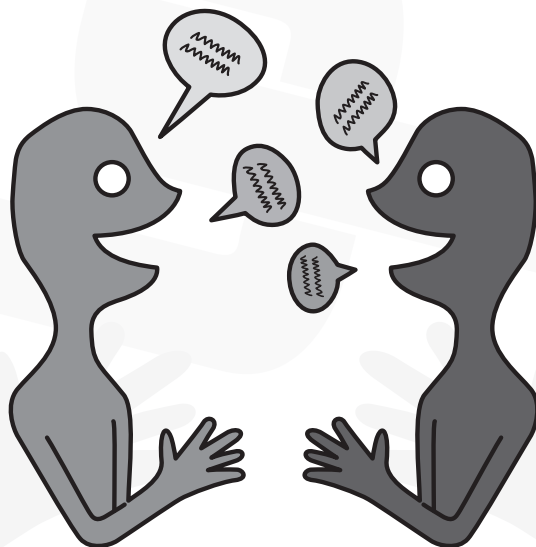
Smitty



**! TORONTO !
! PEERLINK !**

NUAA is looking for people to get involved in this exciting new project!

- Do you live in the Toronto or Nowra areas?
- Do you want to become a Peer Educator?
- Are you interested in learning more about Hepatitis C, safer using and educating others?



Members will be paid to attend training.

If you are interested, please ring Chris on 0433 360 768 or call NUAA on (02) 8354 7300 or freecall 1800 644 413.

nuaa
NSW USERS & AIDS ASSOCIATION INC

Migration

In my dreams I am always flying. I soar wingless through the sky, above buildings and power lines. In rare moments of breath it is as though I am paddling.

Or treading water.

I consult the Dream Atlas and can't fault its authority – freedom *or a desire for it*. I spend my days and nights running from something. In my dreams it's long black shadows that hurtle behind me, plunging me down into oncoming ground. I rail against these wraiths, fleeing across rooftops.

By day I run from real life.

I live in a mental asylum - a fifteen-year-old Nurse Ratchet, strict and uncompromising, half-relieved that the wards are well medicated, half desiring to poke them to see if they bite.

My folks spend each day lying on their respective couches, nodding off in the direction of a slowly burning cigarette. Regardless of where we live the curtains are always drawn, muffled silence providing a backdrop for the slow dance of dust motes that dare to enter the void. You can hear a butt drop in that silence, a lucky thing; I've doused enough fires already.

I spend my days, if not at school, *anywhere else*. Time burns slowly at the houses of *nice young friends* and at night I ride my bike the length of the esplanade until I run out of Whitney Houston songs to sing.

Every day is the same. In the morning, mum and dad ride their bikes to the chemist to pick up their daily methadone dose.

My mum's bike is like a rare newly hatched bird, or some prehistoric monster. Centred squarely in the middle and extending upward past the handlebar is a long pole atop of which is perched a raptor's head with two long coiled fangs that squeak painfully over bumps. All this encapsulated by a beastly angular body – carcass-like – with huge metal joints fusing the wheels to the monster's spine.

In a seaside tourist town where only slick primary coloured racers are ridden along tropically manicured bike paths, my mother is... something else. She rides furiously ahead of the traffic, ice blue eyes never wavering from her destination, mouth set as though cars are no match for her Moses-like command of the bitumen.

Truth is, in this small town people give my mum wide berth, on the road and otherwise. I'm no different. We'd been living in the bay for three years before people began to realise that the crazy bike lady was my Mum. I always thought it was the bike that was my undoing. It occurs to me now, years later, the bike was merely the vehicle but the *chemist* was the accident waiting to happen – *you don't want to look, but you can't look away*.

The chemist opened at 7am. I watched shrinking with humiliation as my mother harassed the chemist for short-changing her methadone.

I never talked about my parents to anyone, never took anybody home, so I was under the impression that nobody knew we were related. Except I've got this weird hippy name that my mum would never let me shorten. I'd be asked to spell it five times a week, and even when I enunciated clearly, people would still put the 'e' before the 'i', as though despite my adherence to grammatical expectation I was always going to be a literal outcast.

In those rare early morning snatches of lucidity my mother talked.

"My daughter Annerliegh is top of her class in spelling!"
Yes mum, I was. Once. In year 4.

"My daughter Annerliegh has beautiful long brown hair and she's not allowed to cut it until she's 18!"

My hair was mousy brown with flyaway split ends. Our generation gave birth to the 'Aniston', but my hair was straight out of Woodstock.

One day I spent a typically uncomfortable afternoon at the pool with friends. Today I forwent the option of the swim. And yet this made me feel all the more conspicuous

as my friends lay tanning around me in sleek damp two-piece swimsuits.

My dry black frame also put me into a whole other category; only stoners went to the pool and didn't swim. They'd sit in black jeans and Nirvana t-shirts hiding smokes in their cupped hands. I didn't want to be a stoner, and with my *stoner* parents, my hippy name and hair, I felt like I was being sucked into a place I was trying desperately to escape.

I shouldn't have worried. Today was the day I would realise I didn't belong anywhere.

"My mum said I can't hang out with you anymore."

Melissa stood arrogantly before me in short denim cut-offs and a tight surfer singlet, her piecing eyes daring me to challenge her fifteen-year-old authority.

"Uh why?," I asked, fear beating around my ribs.

"Because your parents are druggos."

In that moment the asylum doors burst open. I was too ashamed to confide in my friends. I could talk to them about classroom crushes and periods but not this secret. The skeleton in my closet was out and it was too much. I needed to know what she knew so I summoned every manipulative tactic I had learnt.

"God, Melissa is such a bitch. She thinks she's like the hottest girl in the world. Did she send photos to that Dolly Model competition?"

"I know!" my unwitting friend replied. "It helps if your dad owns a chemist. Her hair is so obviously fake blonde."



Score! But there was to be no damage control. Even if I could convince my mother to change chemists, it turned out there wasn't another one in the bay. And despite the gossip that I knew would spread it was that statement 'because your parents are druggos' that would tarnish my view of self forever.

It was about then I realised I was exhausted; I was spending my teenage years running from myself. Shame permeated every facet of my life, from my friendships, my relationship with my body to my growing hostility towards my parents. Maybe if I had been older, or I had a tougher pack of friends I might

have gotten through these years in the bay, but I doubted it. The only time I ever felt truly without a mask was when I was riding my bike, late into the night singing out loud into the cool ocean air.

As I worked for three months taking every extra shift at McDonald's I managed to fill my already packed schoolbag with ten and twenty dollar notes. My school work suffered, but there was never any question... I was leaving the bay.

Annerliegh

Editor's note

Annerliegh provided a postscript to say that in the last 5 years she and her parents had reconnected and that she acknowledges the hardships her parents have faced. She inherited a strong sense of social justice from her mum.

Stigma is everywhere for users, and it is not just us who suffer.

The Healthy Pick-Me-Up to Stop You From Going Belly-Up

Eating is a natural instinct, right?

When you're going through a detox or rehab, this statement isn't necessarily true. Detoxing can be a challenge on the body, but there is so much you can do to help yourself through it.

One of the main complaints people report is a lack of appetite in the early stages of a detox. This is usually because of pain, drowsiness and feeling low. It is common that people will drastically reduce their intake or stop eating altogether during this time.

After this initial slump, a lot of people regain their appetite in a BIG way. Some people who are withdrawing crave very sweet foods (e.g. lollies, chocolates), or very fatty, processed foods (e.g. take-away burgers and chips).

It is important to remember that during both of these phases, eating healthy foods and regular amounts can help to minimise these symptoms by fuelling your body with the right vitamins and minerals. Easier said than done, right? Here are a few tips to keep you on the right track.

Have a plan. As much as possible, organise where you're going to access meals/snacks from before you start to detox. This makes sure you're reminded to eat when you don't have an appetite and gives you direction when you want to eat excessively.

If you're detoxing at home, **stock up** your cupboards and/or fridge with foods to get you through. Buy a variety of foods from each food group to give you enough vitamins and minerals for this period.

If you lose your appetite because of the symptoms listed above, it's important to try reminding yourself to **eat small, regular meals**. This can be a handful of nuts, yoghurt or a small sandwich. It doesn't have to be a hot meal to tick all the right boxes!

If you start to crave sweet foods, try and **curb the cravings**. For sweet treats, opt for tinned fruit (with or without custard), fresh fruit, sweet yoghurt, chocolate milk or some jelly that you've made earlier.

Be careful of caffeine and sugar. Although coffee, energy drinks and hot chocolates may seem like you're saviour during a detox, the amount of caffeine and sugar is excessive and can make you dependent too. If you're having excessive caffeine or sugar, symptoms like shakiness, sweating and anxiety may be exaggerated from the stimulants in your body.

If you start to crave greasy foods (like chips and burgers) this is where your organisation will pay off! The best things to have when craving a greasy meal are low fat varieties of it, so that you trick your body! Why don't you try a jaffle made with low-fat cheese and baked beans or scrambled eggs on toast? If you've got a freezer, you can keep and defrost spaghetti bolognese or low-fat hamburger patties for a healthy (and cheaper) alternative to the fast food giants.

Try to be **savvy with your money**. Buying groceries of tinned, frozen and fresh foods can save you from the costs of eating unplanned meals out. This will also help to avoid take-away or fast foods. The oils, sugars and chemical processes involved in packaged and fast food will increase your waistline and make you feel sluggish. More importantly, they will be dangerous for your long-term health, putting you at greater risk of developing chronic diseases such as diabetes or heart disease.

Remember – be organised and eat smart. Watch the weight and make sure you don't develop an eating habit!

Beany melt
(Serves 4)

You will need:

- chopping board
- can opener (or use ring-pull cans)
- knife
- spoon
- baking tray
- oven/grill

Ingredients:

- 2 spring onions
- ½ capsicum
- 130g can salt reduced baked beans
- ½ cup sweet corn kernels
- 2 english muffins
- 4 tbs reduced-fat cheddar cheese, grated

Method:

1. Preheat oven to 200°C or grill to medium.
2. Wash the spring onions and capsicum and pat dry with paper towels. Cut the root ends off the spring onions. Slice finely, and then put in a mixing bowl. Remove the seeds from the capsicum. Cut into small squares and add to the bowl.
3. Add the baked beans and sweet corn and mix with a wooden spoon.
4. Carefully split the muffins in half, then place on a chopping board, cut side up.
5. Spoon the baked bean mixture on top of the four muffin halves and spread out evenly on each one. Sprinkle each muffin with 1 tablespoon grated cheese and a little pepper.
6. Arrange on a baking tray. Bake until they are completely heated through and the cheese is a light golden brown – about 15 minutes, then serve.

Baked tomato rice
(Serves 4)

You will need:

- measuring jug
- measuring spoons
- knife
- chopping board
- baking dish (with lid or aluminium foil)
- spoon

Ingredients:

- 1 onion
- 425g can salt-reduced tomatoes
- 2 cups water
- 2 stock cubes
- 1½ cups basmati rice
- 440g can corn
- ½ cup frozen peas
- 1 carrot, grated
- 185g tuna (in springwater)
- ½ teaspoon curry powder

Method:

1. Preheat oven to 180°C.
2. Dissolve the stock cube in the water.
3. Mix all ingredients into a small baking dish.
4. Cover with lid or lay sheet of foil over dish and crimp well. Bake for 30-35 minutes until rice is tender.

Jessica Lewis
Dietitian,
The Albion Centre

Help Lines

ACON – AIDS Council of NSW

1800 063 060
Sydney callers: 9206 2000
Health promotion. Based in the gay, lesbian, bisexual and transgender communities with a focus on HIV/AIDS.
Mon–Fri 10 am–6 pm

ADIS – Alcohol & Drug Information Service

1800 422 599
Sydney callers: 9361 8000
General drug & alcohol advice, referrals & info. NSP locations and services etc. 24 hrs

CreditLine

1800 808 488
Financial advice and referral.

NSW Hepatitis Helpline

1800 803 990
www.hep.org.au
Mon–Fri 9am–5pm
Info, support and referral to anyone affected. Call-backs and messages offered outside hours. Email questions answered.

HIV/AIDS Infoline

1800 451 600
Sydney callers: 9332 9700
Mon–Fri 8am–6.30pm

Homeless Persons Info Centre

(02) 9265 9081 or (02) 9265 9087
Phone info & referral service for homeless or at-risk people.
Mon–Fri 9am–5pm

Karitane Careline

1300 227 464
Sydney callers: 9794 2300
Parents info & counseling
Mon–Fri
www.karitane.com.au

Lifeline

13 11 14
Counseling & info on social support options. 24 hrs.

MACS – Methadone Advice & Conciliation Service

1800 642 428
Info, advice & referrals for people with concerns about methadone treatment. List of prescribers.
Mon–Fri 9.30am–5pm

Multicultural HIV/AIDS & Hepatitis C Service

1800 108 098
Sydney callers: 9515 5030
Support & advocacy for people of non English speaking background living with HIV/AIDS, using bilingual/bicultural co-workers.

NSW Prisons HepC Helpline

Free call from inmate phone for info & support. Enter MIN number and PIN, press 2 for Common List Calls, then press 3 to connect.
Mon–Fri 9am–5pm

St. Vincent De Paul Society

Head Office: 9560 8666
Accommodation, financial assistance, family support, food & clothing.
Mon–Fri 9am–5pm

Salvo Care Line

1300 363 622
Sydney callers: 9331 6000
Welfare & counselling. 24hrs

SWOP – Sex Workers Outreach Project

1800 622 902
Sydney callers: 9206 2166
Health, legal, employment, safety, counseling & education for people working in the sex industry.

Self-help & Complaints

NA – Narcotics Anonymous

(02) 9519 6200
Peer support for those seeking a drug-free lifestyle.
24 hr number statewide.

CMA – Crystal Meth Anonymous

0439 714 143
Regular meetings around Sydney. Call for times and locations.
www.crystalmeth.org.au

SMART Recovery – Self-Management & Recovery Therapy

(02) 9361 8020
Self-help group working with cognitive behavioural therapy.

Family Drug Support Hotline

1300 368 186
Support for families of people with dependency. 24 hours

NAR-ANON

(02) 8004 1214
Support group for people affected by another's drug use. 24 hours

Women's Information & Referral Service

1800 817 227

Anti-Discrimination Board of NSW

1800 670 812
Sydney callers: 9268 5555
Mon–Fri 9am–5pm

Health Care Complaints Commission

1800 043 159
Discrimination, privacy & breaches of confidentiality in the health sector.

NSW Ombudsman

1800 451 524
Sydney callers: 9286 1000
Investigates complaints against the decisions and actions of local government and NSW police.

Legal Services

CRC – Court Support Scheme

(02) 9288 8700
Available to assist people through the court process.

Disability Discrimination Legal Centre

(02) 9310 7722
Provides free legal advice, representation and assistance for problems involving discrimination against people with disabilities and their associates.

HIV/AIDS Legal Centre

(02) 9206 2060
Provides free legal advice to people living with or affected by HIV/AIDS.

Legal Aid Youth Hotline

1800 10 18 10
For under 18s. Criminal matters only. Open 9am – midnight on weekdays, 24 hours on weekends

Legal Aid Commission

(02) 9219 5000
May be able to provide free legal advice and representation. The Legal Aid Central office can also put you in contact with local branches.

The Shopfront Youth Le- gal Centre

(02) 9322 4808
Legal service for homeless and disadvantaged people under 25.

ASK! – Advice Service Knowledge

(02) 8383 6629
A free fortnightly legal service for Youth, run by the Ted Noffs Foundation (Randwick & South Sydney) in Partnership with TNF & Mallesons and Stephen Jaques Lawyers.

The Buttery, Bangalow

Ph: (02) 6687 1111

Medical Services

Aboriginal Medical Service, Redfern

(02) 9319 5823

Albion Street Centre, Surry Hills

1800 451 600 or (02) 9332 9600

Free testing for HIV / hep C & other. Medical care, nutritional info and psychological support for people living with HIV & hep C.

Haymarket Foundation Clinic, Darlinghurst

(02) 9331 1969

Walk-in homeless clinic at 165B Palmer St Darlinghurst. No Medicare card required.

Mission Australia, Surry Hills

(02) 9356 0600

Dentist, optometrist, chiropractor, mental health. Medicare card and income statement required.

KRC – Kirketon Road Centre, Kings Cross

(02) 9360 2766

For 'at risk' youth, sex workers, transgender and injecting drug users. Medical, counseling and social welfare service. Methadone & NSP from K1. No Medicare required.

MSIC – Medically Supervised Injecting Centre, Kings Cross

(02) 9360 1191

A safe supervised place to inject. 66 Darlinghurst Road, Kings Cross opposite train station.

South Court, Penrith

1800 354 589

Medical service, sexual health & nurses. Vaccinations, blood screens, safe injecting & general vein care. No Medicare required.

Youthblock, Camperdown

(02) 9114 4100

12 – 24 years. Medical and dental available. No Medicare required.

Detour House, Glebe

Ph: (02) 9660 4137

For women only. AoD service, crisis accommodation.

Fairfield Drug Health Service, Prairiewood

Ph: (02) 9616 8800

Gorman House Detox, Darlinghurst

Ph: (02) 9361 8080 / (02) 9361 8082

Hadleigh Lodge, Leura

Ph: (02) 4782 7392

Inpatient Treatment Unit, Ward 64, Concord Hospital

Ph: (02) 9767 8600

Jarrah House, Maroubra for women and children

Ph: (02) 9661 6555

Kathleen York House, Glebe

for women with children

Ph: (02) 9660 5818

Kedesh House Rehabilitation Service, Berkeley

Ph: (02) 4271 2606

Kedesh Phoenix Rehabilitation Unit, Manly

Ph: (02) 4222 1800

Lakeview Non-Medical Detox Unit, Belmont

Ph: 4923 2060 or 1800 422 599

Lorna House, Wallsend

Ph: (02) 4921 1825

Appointment required

Langton Centre, Surry Hills

(Outpatient Service via Sydney Hospital selective process only)
Ph: (02) 9332 8777

Lyndon Withdrawal Unit, Orange

Ph: (02) 6362 5444

Miracle Haven Bridge Program, Morrisset

Ph: (02) 4973 1495 / (02) 4973 1644

Nepean Hospital, Penrith

Ph: (02) 4734 1333

O'Connor House, Wagga Wagga

Ph: (02) 6925 4744
Emergencies only: 1800 800 944

Odyssey House, Eagle Vale

Ph: (02) 9820 9999

Odyssey House, Minto Referral: (02) 9603 2157

Orana Outpatient Withdrawal Management Service, Wollongong

Ph: (02) 4254 2700

Phoebe House, Arncliffe

Ph: (02) 9005 1570
Maintenance for women with children under 5 years

Riverlands Drug & Alcohol Centre, Lismore

Ph: (02) 6620 7608

Royal North Shore Hospital NSP and Clinic St Leonards

Ph: (02) 9462 9040

St George Opioid Treatment Service, Kogarah

Ph: (02) 9113 2055

St. John of God, Burwood

Ph: (02) 9715 9200 or 1300 656 273

St. John of God, North Richmond

Ph.: (02) 4570 6100 or 1800 808 339

The Salvation Army Bridge Program, Nowra

Ph: (02) 4422 4604 or 1300 363 622

South Pacific Private Hospital, Curl Curl

Ph: (02) 9905 3667

The Ted Noffs Foundation, Randwick

Ph: (02) 9305 6600 or 1800 151 045

The Ted Noffs Foundation, ACT

Ph: (02) 6123 2400

WHOS – We Help Ourselves

Ph: (02) 8572 7444

William Booth Institute, Surry Hills

Ph: (02) 9212 2322

Wollongong Crisis Centre, Berkeley

Ph: (02) 4272 3000

Ward 65, Concord Hospital

Ph: (02) 9767 8640

This list includes detoxes, rehabs and counselling services. This is not a comprehensive list. Ring ADIS on (02) 9361 8000 for more.

Where to Get Frits

NSP Location	Daytime No	Alternative No	NSP Location	Daytime No	Alternative No
Albury	02 – 6058 1800		Murwillimbah/Tweed Valley	02 – 6670 9400	0417 062 265
Armidale	0427 851 011		Narellan	02 – 4640 3500	
Auburn Community Health	02 – 8759 4000	0408 4445 753	Narooma	02 – 4476 2344	
Bankstown	02 – 9780 2777		Newcastle/Hunter	02 – 4016 4519	0438 928 719
Ballina	02 – 6686 8977	0428 406 829	New England North Regional Area (referral service)	0427 851 011	
Bathurst	02 – 6330 5850		Nimbin	02 – 6689 1500	
Bega	02 – 6492 9620	02 – 6492 9125	Nowra	02 – 4421 3111	
Blacktown	02 – 9831 4037	1800 255 244	Orange	02 – 6392 8600	
Bowral	02 – 4861 0282		Parramatta	02 – 9687 5326	
Byron Bay	02 – 6639 6635		Penrith / St Marys	02 – 4734 3996	
Camden	02 – 4634 3000		Port Kembla	02 – 4275 1529	0411 408 726
Campbelltown MMU	02 – 4634 3000		Port Macquarie	02 – 6588 2750	
Canterbury (REPIDU)	02 – 9718 2636		Queanbeyan	02 – 6298 9233	
Caringbah	02 – 9522 1039	0411 404 907	Redfern Harm Minimisation Unit	02 – 9395 0400	
Coffs Harbour	02 – 6656 7934	0408 661 723	Rosemeadow	02 – 4633 4100	
Cooma	02 – 6455 3201		St George	02 – 9113 2943	0412 479 201
Dubbo	02 – 6885 8999		St Leonards - Royal Nth Shore	02 – 9462 9040	
Goulburn S.East	02 – 4827 3913	02 4827 3111	Surry Hills - Albion St Centre	02 – 9332 9600	
Grafton	02 – 6640 2229		Surry Hills - ACON	02 – 9206 2052	
Gosford Hospital	02 – 4320 2753		Surry Hills - NUAA	02 – 8354 7300	
Hornsby Hospital	02 – 9477 9530		Sydney CBD	02 – 9382 7440	
Ingleburn	02 – 8788 4200		Tahmoor (Wollondilly)	02 – 4683 6000	
Armidale/Inverell	0427 851 011		Tamworth	0427 851 011	
Katoomba / Blue Mountains	02 – 4782 2133		Taree	02 – 6592 9315	
Kempsey	02 – 6562 6066		Tumut	02 – 6947 0904	
Kings Cross KRC	02 – 9360 2766	02 – 9357 1299	Tweed Heads	07 – 5506 7556	
Lismore	02 – 6622 2222	0417 062 265	Wagga	02 – 6938 6411	
Lismore – Shades	02 – 6620 2980		Windsor	02 – 4560 5714	
Liverpool	02 – 9616 4807		Woy Woy Hospital	02 – 4344 8472	
Long Jetty	02 – 4336 7725		Wyong Hospital	02 – 4394 8472	
Manly / Northern Beaches	02 – 9977 2666	0412 266 226	Wyong Community Centre	02 – 4356 9370	
Merrylands	02 – 9682 9801		Yass	02 – 6226 3833	1800 809 423
Moree	0427 851 011		Young	02 – 6382 8888	
Moruya	02 – 4474 1561				
Mt Druitt	02 – 9881 1334				

This is not a comprehensive list. If you can't contact the number above or don't know the nearest NSP in your area, ring ADIS on 02 – 9361 8000 or 1800 422 599. ADIS also has a state-wide list of chemists that provide fitpacks.