

The Glen



Mental Health - 24 hour contact

The Mental Health Line is a 24-hour telephone service operating seven days a week across NSW.

Mental Health Line

1800 011 511



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Drug and Alcohol Service Intake Numbers

To access a local public drug and alcohol service, please contact your local health district.

Central Coast	02 4394 4880
Illawarra Shoalhaven	1300 652 226
Nepean Blue Mountains	02 4734 1333
Northern Sydney	1300 889 788
South Eastern Sydney	(02) 9332 8777 – Northern (02) 9113 2944 – Central
South Western Sydney	(02) 9616 8586
Sydney	(02) 9515 6311
Western Sydney	(02) 9840 3355
Far West	1300 662 263
Hunter New England	(02) 4923 2060
Mid North Coast	1300 662 263
Murrumbidgee	1800 800 944
Northern NSW	(02) 6620 7600
Southern NSW	1800 809 423
Western NSW	1300 887 000

Accommodation / Homelessness Services

SERVICE	WEBSITE / EMAIL	PHONE	AREA
Coast Shelter	coimba@coastshelter.org.au	4324 7239	Central Coast
Link2home	www.housing.nsw.gov.au/help-with-housing/homelessness/are-you-homeless	1800 152 152	NSW
Matthew Talbot	matthew.talbot@vinnies.org.au	4961 1411	Men Newcastle
Homeless Person	www.homelessnessnsw.org.au	1800 234 566	NSW
Emergency Housing	www.housing.nsw.gov.au/contact-us	4961 1411 4961 6129	Newcastle
Aboriginal Housing	www.aho.nsw.gov.au/	9318 0177	Redfern



Support Meetings

SERVICE	WEBSITE	PHONE	AREA
AA (Alcohol Anonymous)	www.aa.org.au www.ccaa.org.au	9599 8866	Australia Wide
NA (Narcotics Anonymous)	www.na.org.au	9628 1453	Australia Wide
GA (Gambling Anonymous)	www.gansw.org.au www.gamblinghelponline.org.au	9628 5065 1800 858 858	Australia Wide
Al- Anon (family / friends of alcoholics)	www.al-anon.org/australia/meetings	1300 252 666	Australia Wide
Nar- Anon (family / friends of addicts)	www.naranon.com.au serenity@naranon.com.au	8004 1214	Australia Wide

HELP LINE Services

SERVICE	WEBSITE	PHONE	AREA
Mental Health	www.nnswlhd.health.nsw.gov.au	1800 011 511	Australia Wide
ADIS (alcohol & other drugs information)	NONE	1800 422 599	Australia Wide
Family Relationship	NONE	1800 050 321	Australia Wide
Family Drug Support	www.fds.ngo.org.au admin@fds.ngo.org.au	1300 368 186	Australia Wide
Parents Helpline		132 055	Australia Wide
Life Line	www.lifeline.org.au	131 114	Australia Wide
Smoking Quit Line	www.quitnow.gov.au	131 848	Australia Wide
Transport Info Line	www.transportnsw.info	131 500	NSW

 The Glen Rehab
  www.theglencentre.org.au
 counsellors@theglencentre.org.au
 (02) 4388

6360  Counsellor – 0427 838 599  (02) 4388 6511

Government Support

SERVICE	WEBSITE	PHONE	AREA
Centrelink	www.humanservices.gov.au	13 63 80	Australia Wide
Department of Fair Trading	www.fairtrading.nsw.gov.au	13 32 30	NSW
Department of Housing	www.housing.nsw.gov.au	1300 468 746	NSW
Legal Aid	www.legalaid.nsw.gov.au	4324 5611	NSW / ACT
Law Access	www.lawaccess.nsw.gov.au	1300 888 529	NSW
ALS (Aboriginal Legal Services)	www.alsnswact.org.au	1800 765 767	NSW / ACT
Parole	www.paroleauthority.nsw.gov.au	4353 9399	Wyong



Employment Support

SERVICE	WEBSITE	PHONE	AREA
WISE	www.wiseemployment.com.au	8633 2500	Sydney
Break Thru	www.breakthru.org.au	4032 4520	Newcastle
Yarnn	www.yarnn.com.au	9319 4000	Redfern

Detoxification Centre

SERVICE	WEBSITE	PHONE	AREA
Lakeview	www.hnehealth.nsw.gov.au/facilities/hospitals/Pages/Belmont-Hospital.aspx	1300 660 059	Belmont Hospital
Maruma-Li	None	4394 4880	Wyong Hospital
Lyndon Withdrawal Unit	www.lyndoncommunity.org.au/programs/the-lyndon-withdrawal-unit-lwu enquiries@lyndoncommunity.org.au	6361 2300	Orange
Gorman House	NONE	9361 8081 8382 2930	Sydney
Nepean	www.nbmlhd.health.nsw.gov.au/drug-and-alcohol-service/services/danda-gateway-clinic-nepean-hospital	4734 1333	West Sydney
Herbert St Clinic	www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DetoxificationUnit.aspx	9906 7083	Royal North Shore
Calvary Mater	www.calvarymater.org.au/alcohol-and-drug-services.html	4014 4796	Newcastle

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Rehabilitation Centre

SERVICE	WEBSITE	PHONE	AREA
Dooralong Transformation Centre	www.my.salvos.org.au/about-us/contact-us/find-the-salvos-near-you/place/rldc	4355 8000	Dooralong
Odyssey House	www.odysseyhouse.com.au/residential-rehabilitation	9281 5144	Sydney
William Booth	www.my.salvos.org.au/about-us/contact-us/find-the-salvos-near-you/place/rwbh	9212 2322	Surry Hills
Orana Haven	www.oranahaven.com.au/OranaHaven/Home.htm	6874 4886 6874 4983	North West NSW
Oolong House	oolong@shoalhaven.net.au www.oolonghouse.org.au/main_oolong.html	4422 0644	Nowra
Bennelong Haven	www.healthinfonet.ecu.edu.au/key-resources/organisations	6567 4856	Kempsey
Freeman House	www.vinnies.org.au/page/FindHelp/NSW/Housing/Freeman House - Armidale	6776 8117	Armidale
Namatjira Haven	www.namatjirahaven.com	6682 1098	Alstonville
O'Connor House	www.calvaryriverina.org.au/drug-and-alcohol.html	6925 4744	Wagga Wagga
The Bridge	www.salvos.org.au/need-help/addiction-services/about-the-bridge-program	9212 2322	
WHOS MTAR Methadone	info@whos.com.au www.whos.com.au	8572 7477	Rozelle

Dual Diagnosis - Rehabilitation Centre

SERVICE	WEBSITE	PHONE	AREA
Transformation Centre	www.my.salvos.org.au	4355 8000	Dooralong
WHOS	www.whos.com.au/locations/cessnock	4991 7000	Cessnock
GROW	national@grow.org.au www.grow.org.au/residential-rehabilitation-program	1800 558 268 9606 0579	Sydney

EXIT Pack Information for Clients / family / friends to access Information
EMERGENCY POLICE, FIRE, AMBULANCE - 000

Additional Information

SERVICE	WEBSITE	PHONE	AREA
Needle Syringe Program	www.nswlhd.health.nsw.gov.au/about/north-coast-public-health/hiv-related-programs-harp/needle-syringe-program-list-locations	4336 7760	NSW
Clean Up Hotline	www.thealbioncentre.org.au/helpline/s-hotlines/needle-cleanup-hotline	1800 633 353	NSW
Hep C Hotline	www.hep.org.au	1800 803 990	Australia
Sexual Health	www.pacificclinic.org.au	4016 4536	Newcastle
HIV Hotline	www.thealbioncentre.org.au/helpline/s-hotlines/hiv-informationlines	9332 9700 1800 451 600	NSW
Drug & Alcohol	www.adin.com.au/help-support-services	1800 422 599	NSW

The Glen App is now live and available on the itunes and Google play stores:



The Glen App has a range of features, including:

- a directory of almost 350 contacts for employment, health, housing, legal services and more
- PDFs of AA, NA and other addiction recovery material
- the latest news, events and photos from The Glen
- a link to The Glen's Facebook page that allows you to see the page without a Facebook account
- success stories from former clients
- links to addiction recovery podcasts for those who prefer to listen than read
- crisis support and motivational quotes to get you through a bad day
- links to other recommended apps to support recovery



The Glen Rehab



www.theglencentre.org.au



counsellors@theglencentre.org.au



(02) 4388

6360



Counsellor – 0427 838 599



(02) 4388 6511

HUNTER HOMELESS CONNECT DAY

Do you need support?



Where to Get a Med

Housing Assistance

Food Bank

Services

Help with Addiction

Lifeline
24/7
131114

ALCOHOL & OTHER DRUGS REHABILITATION CENTRES

MEN ONLY

The Glen Centre, Aboriginal & Other Men's Rehabilitation Centre, 60 Church Rd, Chittaway Point, NSW (Aboriginal & Non Aboriginal Men 18+)	0243 886360
WHOS Gunya, Building 193, Broughton Hall Precinct, Glover Rd, Lilyfield, NSW	02 85727445
ONE80TC, 140 Mahon's Creek Rd, Yarramundi, NSW (18-35 Years, Christian)	1800 679667
Sherwood Cliffs, 1756 Sherwood Creek Rd, Glenreagh, NSW (Men & Families, Christian)	0266 492139
Dooralong Transformation Centre, 1467 Dooralong Rd, Dooralong, NSW (Male & Female)	0243 639799
Oolong House, 11 Junction St, Nowra, NSW	0244 220644
Namatjira Haven, 108 White's Lane, Alstonville, NSW (Aboriginal & Non Aboriginal Men)	02 66281098

FEMALE ONLY

Sherwood Glen, 1756 Sherwood Creek Rd, Glenreagh, NSW (Christian)	0266 492139
Destiny Haven, 3931 Clarence Town Rd, Brookfield, NSW	0249 966558
Kamira Farm, 639 Pacific Highway, Wadalba, NSW	0243 921341
WHOS New Beginnings, PO Box 1779, Rozelle, NSW, 2039	02 85727433
Kathleen York, 144A St John's Rd, Glebe, NSW	02 96605818
Guthrie House, 10-14 Sebastapol St, Enmore, NSW	02 95845977
Detour House, (AKA Glebe House) 139 Glebe Point Rd, Glebe, NSW	02 96604137
Pheoba House, PO Box A267 Arncliffe, NSW, 2205	02 90051570
Dooralong Transformation Centre, 1467 Dooralong Rd, Dooralong, NSW (Male & Female)	0243 639799

MALE & FEMALE, COUPLES, FAMILY

Dooralong Transformation Centre, 1467 Dooralong Rd, Dooralong, NSW (Male & Female)	0243 639799
Sherwood Cliffs, 1756 Sherwood Creek Rd, Glenreagh, NSW (Men & Families, Christian)	0266 492139
William Booth House, 66 Albion St, Surry Hills, NSW	02 92122322
Bennelong's Haven, South West Rocks Rd, Kinchela, (Kempsey) NSW (Aboriginal)	0266 674856
The Buttery, Lismore Rd, Binnaburrah, NSW (Male & Female)	0266 871111
Odyssey House, Admissions @ 431 Elizabeth St, Surry Hills, NSW Facility @ 13A Moonstone Place, Eagle Vale, NSW	02 92815144
Ward 65, Concord Hospital, Hospital Rd, Concord, NSW	02 97678640
Weigell Centre, 1474 Pine Mount Rd, Darby's Falls (Cowra) NSW (Aboriginal)	0263 451888

YOUTH

Dunlea Adolescent Program, 74-98 Kenyon's Rd, Merrylands, NSW	02 96326068
Ted Noffs Program, 206A Allison St, Randwick, NSW (12-18)	1800 151045
Kedesh Adolescent Program, 35 Carr Pde, Unanderra, NSW	0242 607110
Triple Care Farm, 188 Knight's Hill Rd, Knight's Hill, (Robertson) NSW (16-24)	0248 851265
Watershed, PO Box 25 Berkley, NSW, 2506 (15+)	0242 716173

DUAL DIAGNOSIS

Dooralong Transformation Centre, 1467 Dooralong Rd, Dooralong, NSW (Male & Female)	0243 639799
Watershed, PO Box 25 Berkley, NSW, 2506 (15+)	0242 716173
Kedesh, 35 Carr Pde, Unanderra, NSW	0242 607110
Grow Community, Lot 1 & 2 Twenty Forth Ave, West Hoxton, NSW	02 96060579

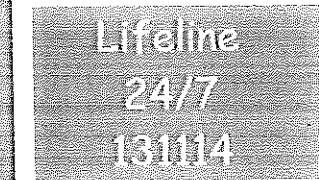
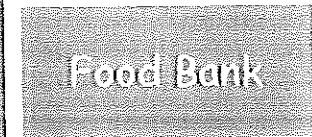
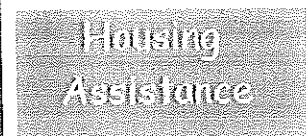
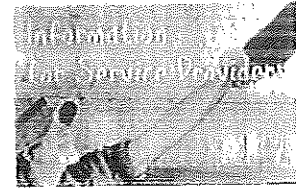
OPIOID TREATMENT PROGRAMS & REHABILITATION CENTRES

Bennelong's Haven, South West Rocks Rd, Kinchela, (Kempsey) NSW (Aboriginal)	0266 674856
Pheoba House, PO Box A267 Arncliffe, NSW, 2205	02 90051570
WHOSMTAR PO Box 1779, Rozelle, NSW, 2039	02 85727433
WHOSRYOD PO Box 1779, Rozelle, NSW, 2039	02 85727433
MACS - Methodone Advice & Conciliation Service, St Vincent's Hospital	1800 642428

SUPPORT GROUPS & SERVICES

Alcoholics Anonymous Newcastle/Hunter 24/7 Help Line	0249 641555
Find a Meeting	http://www.aa.org.au/findameeting
Narcotics Anonymous Newcastle/Hunter Information	0249 696767
Find a Meeting	http://www.na.org/MeetingSearch
Crystal Meth Anonymous Help Line	0414 660851
Information	www.crystalmethyfh.org.au
Al-Anon Family Groups	1300 252666
Nar-Anon Family Groups	02 80041213
Gambler's Anonymous NSW Help Line	02 97266625

Find a Meeting <http://www.gansw.org.au/meetings.htm>



If you are suffering from addictions of any kind & seek help contact the following:

Hunter Area Health, Drug & Alcohol Service

John Hunter Hospital, Lookout Road, New Lambton, NSW	0249 213000
Kirkwood House, Church Street, Newcastle, NSW	02 49246650
Calvary Mater Hospital, Edith Street, Waratah, NSW	02 49211211
Cessnock Medical Centre, 204 Wollombi Road, Cessnock, NSW	0249 905600
East Maitland Community Health Services, AOD Information Service	0240 143695
Belmont Hospital, 16 Croudace Bay Road, Belmont, NSW	0249 232000

AFTER HOURS EMERGENCY HELP

AMBULANCE or POLICE Lifeline	000 131114
Alcohol & Drugs Information Services (24 Hr Information & Referral)	1800 422659
NSW Mental Health Association	1800 011511

Useful Web Sites

Contact Service for People Living with HIV	http://www.positivelife.org.au
NSW Department of Health	http://www.health.nsw.gov.au
Australian Drug Foundation	http://www.adf.org.au
Australian Drug Information Network	http://www.adin.com.au
The National Depression Initiative	http://www.beyondblue.org.au
Information for Depression & Bipolar Disorder	http://blackdoginstitute.org.au

HIV, AIDS & Hep C Help

ACON (AIDS Council of NSW)	1800 063060
Gay & Lesbian Counselling Service	1800 184527
Hepatitis Helpline	1800 803990
PEP (Post Exposure Prophylaxis) 24 Hour Hotline	1800 737669

Needle & Syringe Exchange & Disposal

Kirkwood House, Church Street, Newcastle, NSW	02 49246650
70 Pacific Street, Newcastle, NSW	0249 236056

DETOX UNITS

Youth

Adolescent Withdrawal Unit, Ted Noffs, Watson, ACT	1800 151945
Nepean Hospital Detox Unit, Wentworth Centre, Somerset St, Kingswood, NSW	0247 341333

Adult

Centre for Addiction, Westmead Hospital, Hawkesbury Rd, Westmead, NSW	02 98403355
Gorman House, St Vincent's Hospital, 390 Victoria St, Darlinghurst, NSW	02 93618080
Herbert Street Detox, Building 8, RNS Hospital, Herbert St, St Leonards, NSW	02 94632533
Hunter Drug & Alcohol, Lakeview, Belmont Hospital, Croudace St, Belmont, NSW	0249 232060
Jarra House (Women Only) P O Box 6026 Malabar, NSW, 2036	02 96616555
Lynden Withdrawal Unit, Orange, NSW	0263 600740
Maruma-LI Detox Unit, Wyong Hospital, 654 Pacific Highway, Hamlyn Terrace, NSW	0243 944880
Odyssey House, 169 Campbelltown Rd, Ingleburn, NSW	02 92815144
Ward 64, Hospital Rd, Concord, NSW	02 97678600
William Booth House, 66-60 Albion St, Surry Hills, NSW (Free)	02 92122322
Nepean Hospital Detox Unit, Wentworth Centre, Somerset St, Kingswood, NSW	0247 341333

PRIVATE DETOX UNITS

Northside Clinic, 2 Greenwich Rd, Greenwich, NSW	02 94333555
Northside West Clinic, 23-27 Lytton St, Wentworthville, NSW	02 88332222
South Pacific Private Hospital, 24 Beach St, Curl Curl, NSW	02 99053667
St John of God, 177 Grose Vale Rd, North Richmond, NSW	0246 706100
St John of God, Grantham St, Burwood, NSW	02 97159200

ALCOHOLICS ANONYMOUS / NARCOTICS ANONYMOUS
MEETINGS ATTENDANCE SHEET

Your Name:- _____

No	Date	Time	Meeting Place	Secretary	Initials
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