

Support Agencies:

National Helplines:

Alcohol and Drug Helpline
0800 787 797

Gambling Helpline
0800 654 655

Maori Gambling Helpline
0800 654 656

Support Groups:

Al-Anon
0508 425266

Alcoholic Anonymous
0800 229 6757

Narcotics Anonymous
0800 628 632

Family (Whānau) Support

Able - Southern Family Support
Dunedin (03) 455 5973
Invercargill (03) 218 2100
Alexandra (03) 448 9303
Oamaru (03) 434 1130

Contacts:

Dunedin

Main Block, Wakari Hospital
Phone: (03) 476 9760

Waitaki

2 Trent St, Oamaru
Phone: (03) 433 0002

Clutha

24 Clyde St, Balclutha
Phone: (03) 419 0440

Dunstan

Hospital St, Clyde
Phone: (03) 440 4308

Queenstown

9 Douglas St, Frankton
Phone: (03) 441 0010

Invercargill

Elles Road (Gate 2), Southland Hospital
Phone: (03) 214 5786

If you are in a crisis and need urgent assistance please phone the Southland Mental Health Emergency Team or Emergency Psychiatric Service (Otago) who provide 24 hour a day, 7 days a week service on:

0800 467 846

Specialist Addiction Services

Mission Statement

"To improve the Community's health and well-being by reducing the physical, psychological and social harm caused by the misuse of psychoactive substances"

Who Can Use Our Service

Those who are 18 years or over and are significantly affected by their own or another's substance use

Who We Are

- We are a multidisciplinary team comprising alcohol and drug clinicians, nurses, medical officer, psychiatrist and clinical psychologist, all with considerable experience in addiction work.
- We are a bi-cultural service.
- We also do some of our work in community settings.

Involving Families

Substance use problems have a wide-ranging effect on others, so we involve family (whānau) in the process of assisting recovery where possible.

What We Do

- Undertake initial screening and assessment to identify treatment and recovery needs.
- Provide a range of therapeutic interventions which may include referral to other services, one to one counselling or group work or Opioid Substitution Therapy (OST).
- Provide a case manager.
- Work in partnership with you to explore a range of treatment options.
- Provide an OST Programme including GP prescribed OST.
- Refer to detoxification services, residential treatment and community supports
- Provide alcohol and other drug information for health professionals and community agencies.
- Facilitate and provide culturally appropriate services.

Feedback

If you have a complaint or compliment about the service you are receiving please contact:

- your key worker, or
- the unit manager, or
- the administration officer, Southern DHB Quality, Risk and Education Unit 03 214 5738 (Southland only), or
- the Southern DHB Patient Affairs office 03 470 9533 (Otago only), or
- Health and Disability Advocacy Services South Island 0800 555 050.