

## The Cottage

### Thorne Harbour Health Alcohol and Other Drug Service

At Thorne Harbour Health we understand that LGBTIQ community members can have particular needs when it comes to making positive changes in relation to drinking and using drugs.

We know that our communities often experience higher levels of harmful substance use and that the reasons why we drink and use are closely related to the social, political and relational contexts in which we live.

However we also know that AOD service use is lower in our communities and that LGBTIQ+ folk may be reluctant to access support or unaware of where to find appropriate and safe support.

Our priority is to provide an affirming, welcoming and accessible service, designed to specifically meet the needs of LGBTIQ and HIV + community members aged 16 years and above living in Adelaide.

### Services offered

#### Counselling

Experienced counsellors can meet with you to discuss your concerns and goals around your alcohol or drug use and help you to achieve these.

You may wish to learn more about the effects of drug use on your health or mental health, find strategies to better control or reduce your drug use or access support to stop using completely and improve your well-being.

Whatever your goals, whether it is to control, reduce or stop your alcohol or drug use, our counsellors will be able to help you with:

- Information about the effects of alcohol and drug use on your health and mental health
- Helping you to reduce the harms associated with alcohol and drug use
- Developing a plan and practical strategies to control or reduce your use
- Assisting you to plan to cease your drug use and provide you with strategies to prevent relapse
- Information and support for families affected by alcohol and other drug use
- Information and referral to Thorne Harbour Health's therapeutic groups or other treatment services including residential or non-residential withdrawal and/or rehabilitation

#### Brief intervention

Sometimes people only need a short number of focussed sessions rather than engaging in longer term counselling. This might be to:

- Help you explore whether alcohol and or drug treatment is right for you
- Help you identify what your most pressing needs are right now
- Check in on your progress after completing treatment
- Help you identify resources and supports
- Get you back on track after a lapse

We can meet with you for one, two or three sessions depending on what works for you.

#### Care and Recovery

Sometimes, when a person is struggling with drug and alcohol issues, they may need support in other areas of their life like housing, accessing health or mental health services or connecting with community supports like social groups and activities.

Our Care & Recovery Coordinator can work with you to look at the different areas of your life and help you to create a plan and work out goals to help you move forward, not only in relation to changing your drug and alcohol use but in other areas of your life.

Working with our Care & Recovery Coordinator you will be supported to:

- Develop a holistic support plan and develop achievable goals in different areas of your life
- Access residential and non-residential alcohol and other drug withdrawal services
- Link in with health and mental health services
- Access Centrelink services
- Access employment services
- Connect with education providers
- Connect with community supports, including social and living skills groups, to help you in your recovery

Our Care & Recovery Coordinator will be able to help you access services by organising referrals and where needed, take you to appointments and introduce you to other service providers. They will also support you on your journey to help you stay on track and access services as your needs and goals change.

### **How to refer clients to our services**

You or your client can contact us directly to do an intake over the phone or make an appointment by calling our intake service on (08) 7078 4128 or toll free on 1800 134 840.

You can also email us at [aodsaintake@thorneharbour.org](mailto:aodsaintake@thorneharbour.org)

### **Service details**

Our service is free of charge.

We are open Monday to Friday 9am to 5pm. We can offer after hours appointments by arrangement.

We are located at The Cottage, 51 Bower St, Woodville.

We also offer outreach services and telehealth appointments.