



# NADA

network of alcohol & other drugs agencies

## Telephone support lines

### Alcohol and Drug Information Service

Information, advice and counselling service for people with problems related to drugs and alcohol.

Telephone: 1800 422 599/02 9361 8000

### Family Drug Support

Telephone support for families affected by alcohol and other drugs.

Telephone: 1300 368 186

### Co-Exist NSW

Assisting people from culturally and linguistically diverse communities and their families affected by co-existing mental health and drug and alcohol problems.

Telephone: 1800 648 911

### Lifeline

Counselling and information service for anyone needing support.

Telephone: 13 11 14

### Parent Line

Counselling and support for parents and care-givers.

Telephone: 132 055

### Talk Link

Information and referral, emotional support and counselling for carers.

Telephone: 1800 242 636

## Support services

### Family Drug Support

Support groups and programs for families and carers.

Telephone: 1300 368 186

[www.fds.org.au](http://www.fds.org.au)

### Holyoake

Programs and referral information for parents, children, young people and partners affected by drug use in the family.

Telephone: 02 9904 2700

### Al-Anon Family Groups

A fellowship for family and friends affected by the problematic alcohol use of someone close.

Telephone: 02 9570 3400

[www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)

### Nar-Anon Family Group

A fellowship for family and friends affected by the problematic drug use of someone close.

Telephone: 02 9418 8728

### ARAFMI NSW

Support, education and advocacy for families and friends of people with mental illness or disorders.

Telephone: 1800 655 198

[www.arafmi.org](http://www.arafmi.org)

### Carers NSW

The peak body for carers, including young carers.

It provides a range of support and information services, and lobbies on behalf of carers in NSW.

Telephone: 1800 242 636

[www.carersnsw.asn.au](http://www.carersnsw.asn.au)

### Carers NSW Aboriginal and Torres Strait Islander Carer Program

Telephone: 1800 242 636

### Relationships Australia

Provides a range of services aimed at building stronger relationships.

Telephone: 1300 364 277

[www.relationships.com.au](http://www.relationships.com.au)

### Counselling Online

This service is free for anyone seeking help with their own drug use or the drug use of a family member, relative or friend.

[www.counsellingonline.org.au](http://www.counsellingonline.org.au)

### Family Relationships Online

Provides all families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution.

[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)



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## Support services for children and young people

### **Holyoake**

Programs and referral information for parents, children, young people and partners affected by drug use in the family.

Telephone: 02 9904 2700

### **Kids Helpline**

24-hour telephone counselling service and web counselling for children and young people.

Telephone: 1800 551 800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### **Children of Parents with a Mental Illness (COPMI)**

Provides information for family members across Australia where a parent has a mental illness and for people who care for and work with them.

[www.copmi.net.au](http://www.copmi.net.au)

### **Headspace**

Australia's National Youth Mental Health Foundation, providing services to young Australians aged 12–25.

[www.headspace.org.au](http://www.headspace.org.au)

### **Young Carers**

Providing information and support for young people caring for a family member, friend or relative.

Telephone: 1800 242 636

[www.youngcarersnsw.asn.au](http://www.youngcarersnsw.asn.au)

### **Youth Drug Support**

Providing information to young people with drug and alcohol, mental health and other relevant issues.

[www.yds.org.au](http://www.yds.org.au)

### **Reach Out!**

A web-based service that helps young people get through tough times.

[www.reachout.com.au](http://www.reachout.com.au)

## Useful reading for families and carers

### **A Guide to Coping**

Available from Family Drug Support – [www.fds.org.au](http://www.fds.org.au)

### **Carers Support Kit**

Available from Carers NSW – [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

### **Drugs and Prison: A Handbook for Families and Friends of Prisoners**

Available from Family Drug Support – [www.fds.org.au](http://www.fds.org.au)

### **The Families Handbook: A Guide for the Families of Prisoners**

Available from Community Restorative Centre – [www.crcnsw.org.au](http://www.crcnsw.org.au)

### **Not My Family, Never My Child: What to Do if Someone You Love is a Drug User**

By Tony Trimmingham

Available from Family Drug Support – [www.fds.org.au](http://www.fds.org.au)

### **The Sane Guide for Families**

Available from Sane – [www.sane.org](http://www.sane.org)

### **Stepping Stones Workbook: Guiding Families through the Journey of Coping with Drug and Alcohol Use**

Available from Family Drug Support – [www.fds.org.au](http://www.fds.org.au)

### **Uncharted Waters: Support for Carers, Family and Friends**

Available from ARAFMI – [www.arafmi.org](http://www.arafmi.org)