

Community Counselling Services

DRUG & ALCOHOL SUPPORT FOR PEOPLE IN THE ISAAC REGION
WITH CO-OCCURRING MENTAL HEALTH CONCERNS

Free professional counselling for both youth & adults – help is here when you need it.

Sometimes we use alcohol or drugs to deal with difficulties and feelings. Over time this can cause problems.

If you think you or someone you know is struggling with alcohol or drugs the first step to getting help is talking to one of our counsellors.

How we can help

Our experienced counsellors can help with:

- ▶ confidential counselling and support
- ▶ helping you improve your wellbeing
- ▶ information and referral to other treatment services
- ▶ counselling and support for families and carers.

Do I need a referral?

No, if you or someone you know has a drug or alcohol problem you can call us today for a confidential chat or book an appointment. We also take referrals from:

- ▶ GPs and other health care professionals
- ▶ mental health services
- ▶ community organisations
- ▶ corrective services
- ▶ youth workers

Find us

Visit us at **Dysart Community Centre on Wednesdays** and **Moranbah Community Centre on Thursdays and Fridays**.

To organise a counselling session call us on **1300 727 957** or email **abigail.plummer@llw.org.au**.

For more information about AOD counselling and other programs go to **www.liveslivedwell.org.au**




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Passionate about the possibilities



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