



Free alcohol & other drugs counselling

Concerned about your drinking or drug use?

Sometimes we use alcohol or drugs as a way to cope with stress and other challenges. Over time this can cause harm or create other difficulties in work, relationships and life.

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

How we can help

Through 1:1 counselling we can support you to:

- reduce the harms associated with alcohol and other drug use
- put together a plan and practical strategies to deal with or reduce your use
- seek information and referral to other treatment and support services
- deal with the impact of drug use on your family and loved ones
- find further information and education resources.



Lives Lived Well

Where you can find us

We offer free alcohol and other drug services in the locations listed below, but we also provide extensive outreach support for surrounding areas. All programs are delivered professionally, confidentially, and with care. Live-in residential services are available at select locations in Queensland and New South Wales (some live-in fees apply).

QUEENSLAND

Far North Queensland: Cairns

North Queensland:

Ayr, Bowen, Charters Towers, Mackay, Townsville, Whitsundays

Central Queensland:

Gladstone, Rockhampton

Western Queensland:

Cloncurry, Longreach

Sunshine Coast: Nambour

Greater Brisbane Region:

Beaudesert, Beenleigh, Caboolture, Jimboomba, North Lakes, Woolloongabba

Gold Coast:

Burleigh Heads, Coomera

Darling Downs and West Moreton:

Chinchilla, Dalby, Goodiwindi, Kingaroy, Toowoomba, Warwick

Outreach services are available in Queensland

NEW SOUTH WALES

Nepean Blue Mountains:

Katoomba, Lithgow, Nowra

Western NSW: Dubbo, Orange

South Coast: Wollongong

Outreach services are available in New South Wales

Do I need a referral?

No, you can self-refer or we also accept referrals made by other service providers. Referrals can be submitted through our website.

liveslivedwell.org.au 



SCAN HERE
TO SELF-REFER


Lives Lived Well

For enquiries please contact us:

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www.liveslivedwell.org.au

