

Samaritans

Alcohol and other Drugs Counsellor



Samaritans provides counselling support for young people aged 12-25 who are impacted by drugs and alcohol use.

Our Youth Alcohol and Other Drugs (AOD) Counsellor supports young people in the Hunter region who are impacted by drugs and/or alcohol use.

We provide person-centred therapeutic support to address the adverse effects that are being caused to young people's lives as a result of the use of alcohol or other drugs.

The Youth AOD counselling program is a free service to support young people:

- aged 12-25 seeking support for their drug and/or alcohol use
- live in Newcastle, Lake Macquarie, Port Stephens, Cessnock, Maitland and Dungog

Funded by:



Communities
& Justice



Samaritans
Compassion Integrity Justice

Who can we support?

Our Youth AOD Counsellor can help you if you're:

- Wanting to talk about your drug or alcohol use
- Having hard time cutting down
- Worried about your mental health
- Wanting to get things back on track

How can we help?

The Youth AOD Counsellor offers support:

- Through individual counselling sessions (up to 10 session)
- Relapse and withdrawal management
- Coping skills training
- Harm reduction strategies
- Behaviour changing interventions
- Establishment of healthier lifestyles
- Family therapy and supports

Useful Numbers

National Alcohol and Other Drug Hotline: 1800 250 015
(24 hours)

Family Drug Support (FDS): 1300 368 186 (24 hours)

Lifeline: 13 11 14 (24 hours)

Beyond Blue: 1300 22 4636 (24 hours)

Suicide Call Bank Service: 1300 659 467 (24/7)



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For information visit:
www.samaritans.org.au



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