

# SEEKING HELP

## AUSTRALIA-WIDE

### THERE ARE MANY EFFECTIVE WAYS TO TREAT PRESCRIPTION MEDICATION DEPENDENCE.

Due to the stigma around dependence issues, it can be hard to reach out for help, but you are not alone. Here are some ways to seek help.

## HEALTH PROFESSIONALS

Your GP or other health professionals such as your pharmacist, allied health professionals or psychologist can help to address any concerns you may have about your medication use.

To find a health professional near you call *healthdirect* on 1800 022 222 for their 24 hour health advice and information service or visit [www.healthdirect.gov.au/australian-health-services](http://www.healthdirect.gov.au/australian-health-services)

## HELPLINES

**National Alcohol and Other Drug Hotline:** 1800 250 015

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Lifeline:** 13 11 14

**Beyond Blue:** 1300 22 4636

**Counselling Online (Chat or SMS support) at**

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

# SEEKING HELP

## VICTORIA

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### HELPLINES

**DirectLine:** 1800 888 236

**Medication Support Service:** 1800 931 101.

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Counselling Online (Chat or SMS support)**

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

**Lifeline:** 13 11 14

**Beyond Blue:** 1300 22 4636

You could also contact your local pharmacotherapy network:

[www2.health.vic.gov.au/about/publications/factsheets/information-on-victorian-pharmacotherapy-area-based-networks](http://www2.health.vic.gov.au/about/publications/factsheets/information-on-victorian-pharmacotherapy-area-based-networks)

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## NEW SOUTH WALES

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### HELPLINES

**Alcohol and Other Drugs Information Service (Sydney):** 9361 8000

**Alcohol and Other Drugs Information Service (Regional and rural NSW):** 1800 422 599

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Opioid Treatment Line at St Vincents:** 1800 642 428

**Counselling Online (Chat or SMS support)**

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

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# SEEKING HELP

## QUEENSLAND

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## HELPLINES

**Alcohol and Other Drugs Information Service:** 1800 177 833

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Counselling Online (Chat or SMS support)**

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

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## WESTERN AUSTRALIA

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## HELPLINES

**Alcohol and Drugs Support Line (metro):** 9442 5000

**Alcohol and Drugs Support Line (country):** 1800 198 024

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Parent and Family Drug Support Line (metro):** 9442 5050

**Parent and Family Drug Support Line (country):** 1800 653 203

**Counselling Online (Chat or SMS support)**

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

**Lifeline:** 13 11 14

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## SOUTH AUSTRALIA

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## HELPLINES

**Alcohol and Drug Information Service:** 1300 13 1340

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Aboriginal Connection Program:** 0435 960 984

**Anangu Pitjantjatjara Yankunytjatjara Lands (APY Lands) Substance Misuse Service:** 8955 8354

**Counselling Online (Chat or SMS support)**

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

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## NORTHERN TERRITORY

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## HELPLINES

**Alcohol and other drugs information service:** 1800 131 350

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Counselling Online (Chat or SMS support)**

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## ACT

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## HELPLINES

**Drug and Alcohol Helpline:** 6207 9977

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Counselling Online (Chat or SMS support)**

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

**Lifeline:** 13 11 14

**Beyond Blue:** 1300 22 4636



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## TASMANIA

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## HELPLINES

**Alcohol and Drug Information Service:** 1800 811 994

**Medicines Line:** 1300 Medicine

**Family Drug Support:** 1300 368 186

**Counselling Online (Chat or SMS support)**

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

**Lifeline:** 13 11 14

**Beyond Blue:** 1300 22 4636