

**FREE
SERVICE**

The Hub is a free walk-in clinic where you can start your recovery from alcohol and other drugs.

Seeking help for your alcohol or drug use can feel hard. Luckily, there is a new way to get help.

Our walk-in clinic, The Hub, is a free service where you can drop in and speak to someone about getting the help you need.

There are lots of different services and options to understand. Latrobe Community Health Service can link you with the help you need.



December 2023

More information

For more information, phone us on 1800 242 696 and ask to speak with someone from The Hub.

Otherwise, drop into The Hub from Monday - Friday from 10am and 4pm, and we'll answer any questions you have.



 **CALL US**
1800 242 696

 **LEARN MORE**
lchs.com.au



**The
Hub**

Start your recovery from alcohol and other drugs.

Monday - Friday from 10am - 4pm
(excluding public holidays)



Alcohol and Drug Assessments

Alcohol and drug assessors play a crucial role in the treatment of substance abuse. They conduct intake and assessment into alcohol and drug treatment services.

- They identify the type of treatment and support for you
- Ask questions to understand your motivation, dependence, mental health status, quality of life, and any risks
- Develop a plan with you that meets your individual needs.

Non-Residential Withdrawal Services

Our Non-Residential Withdrawal Nurses offer community-based support and care and confidential treatment if you want to stop or reduce your use of alcohol and/or other drugs.

They can help you:

- access detox and/or rehabilitation services – depending on your suitability or need
- work with a doctor and provide advice
- connect with addiction medicine specialists or nurse practitioners, who can develop a treatment plan for you to reach your goals.

Care and Recovery – coordinating your treatment plan

Our Care and Recovery team coordinates your treatment plan and care in line with your recovery goals.

We support you to access other health and support services. We also involve you and your support network (friends, loved ones, other organisations) in the process.

Alcohol and Other Drugs Counselling

Our counsellors are here to help you reduce or stop using alcohol and other drugs. We can teach you new ways to manage life's challenges and cope with past, present or future experiences.

Counsellors can help you:

- identify goals around your substance use
- provide helpful strategies to achieve these goals
- link you with other community supports and services
- listen non-judgmentally

They use various techniques, including motivational interviewing, problem-solving, relapse prevention and management, harm reduction, and grounding.

Needle and Syringe Program

If you are injecting drugs or other substances, you can access free needles and syringes, and safe sex products at the Traralgon, Churchill, Moe and Morwell offices.

Our Harm Reduction Worker provides support and information to people who use drugs and their families, health professionals, and social support services.

This includes:

- access to sterile injecting equipment
- advice on safe 24-hour sharps disposal sites
- information on how to access and safely use the drug naloxone to reverse an opioid overdose
- outreach support by encouraging open and non-judgmental conversations about drug use.

Opening Times



**The AOD Hub is open
Monday - Friday
from 10am - 4pm**

(excluding public holidays)