

**Gambler’s Help Programs**

*Available Gippsland wide*

Gambler’s Help Counselling - Free, confidential support to anyone experiencing harm from gambling

**Our therapeutic counsellors support individuals, couples or families who live in Gippsland with:**

- strategies that help reduce or stop your gambling
- excluding yourself from online and phone wagering services through BetStop and Betblocker – the National Self-Exclusion Registers™
- how to cope with someone else’s gambling

**We also have accredited financial counsellors who support people who are experiencing financial hardship from problem gambling. They can:**

- negotiate with creditors and get your budget back on track
- help you access hardship and relief programs
- provide information so you can avoid or apply for bankruptcy

**Gambler’s Help Community Engagement**

Working with schools and community groups to educate and raise awareness of the risks associated with gambling – to prevent gambling harm before it occurs.

**Gambler’s Help Venue Support**

Our Venue Support staff work with gaming venue staff and management to help develop and maintain responsible gambling environments. They provide training and education aimed at supporting venues to meet the Responsible Gambling Code of Conduct requirements.



**Other related services at Latrobe Community Health Service**

**Other Counselling**

*Available in Latrobe*

- Generalist counselling, counselling for children, family violence counselling for women and children
- Call us directly at LCHS on 1800 242 696

**headspace Morwell**

*Available in Baw Baw and Latrobe*

- A free and welcoming safe space for young people aged 12-25 and their family/ friends
- Call headspace on 5136 8300 or drop in at the corner of George Street & Hazelwood Rd Morwell

**Men’s Behaviour Change Program & Case Management**

*Available in Baw Baw, Latrobe and Wellington Shire*

- For Latrobe/Baw Baw areas contact Inner Gippsland Area Orange Door Ph 1800 319 354 or email [iga@orangedoor.vic.gov.au](mailto:iga@orangedoor.vic.gov.au)
- For Wellington Shire contact Outer Gippsland Area Orange Door Ph 1800 512 358 or email [oga@orangedoor.vic.gov.au](mailto:oga@orangedoor.vic.gov.au)

**Forensic Mental Health in Community Health Program**

*Available Gippsland wide*

- This program is available to Gippsland residents who are mandated to seek treatment as part of their parole or community corrections order.



**CALL US**  
**1800 242 696**



**LEARN MORE**  
**[lchs.com.au](http://lchs.com.au)**



# Addiction Services Programs

**No one has to walk the road to recovery alone.**

For information about any of our services, phone us today.

**Supporting you with drug, alcohol and gambling issues**



**Support for alcohol and other drugs (AOD) use**

*Available in Baw Baw, Latrobe and Wellington*

You do not need to have an assessment to access the following services with us:

**AOD Hub**

*Available at Morwell for all walk-ins*

The Hub is where a person seeking AOD support can:

- Receive single session AOD support while waiting for longer term services
- Speak to a professional about AOD use, current challenges in life and reaching AOD goals.
- Learn about harm reduction and overdose prevention - this includes access to naloxone.
- Access new injecting equipment and learn about safe injecting techniques and vein care.
- Be informed about our & other services in your community which can support you.

**When is the AOD Hub open?**

- **Every Monday to Friday between 10am and 4pm**
- **NO APPOINTMENT NEEDED!**
- **We are located at Latrobe Community Health Service 81 - 87 Buckley Street, Morwell**



**Needle and Syringe Program**

*Available in Latrobe*

- Access to injecting equipment and safe sex products at LCHS's Traralgon, Moe and Morwell sites (all hours), and LCHS Churchill (Mon – Fri between 8.15am and 5pm).
- You can also safely dispose of your used supplies at these sites at any time.

**Harm Reduction and Overdose Prevention Program**

*Available Gippsland wide*

We work with individuals (16+ years), families, and other service providers to:

- raise awareness and reduce the risk of fatal and non-fatal overdoses in the community.
- have non-judgmental conversations about drugs and drug use
- provide you with education and training on preventing overdose on illicit substances
- help you access and learn how to use take-home Naloxone, which is highly effective in reversing opioid overdoses
- help you find alcohol & other drug support
- refer you to other community services
- There is no waitlist and anyone can self-refer.

**Hepatitis C Integrated Nurse Program**

*Available Gippsland wide*

This is a free service, available by appointment only. We help you to:

- access the treatment you need to recover from Hepatitis C
- assess your health needs and arrange other support.

**Specialist Family Violence Advisor**

*Available to Inner Gippsland professionals.*

Contact LCHS for secondary consultations on family violence and addiction issues.



**Alcohol and Drug Assessments**

Alcohol and drug assessors can support you by:

- conducting an intake assessment to identify the level and type of treatment & support you need
- asking you questions to understand your motivation, dependence, mental health status, quality of life, and any risks
- developing a plan with you to provide the next steps and referrals to support you

**Alcohol & Drug Counselling**

*Available in Latrobe, Baw Baw and Wellington*

Our counsellors are here to help you:

- reduce or stop using alcohol and other drugs, using various techniques such as motivational interviewing, problem-solving, relapse prevention and management, harm reduction, and grounding
- teach you new ways to manage life's challenges – and past, present & future experiences
- identify goals around substance use
- provide helpful strategies to achieve these goals
- link you with other community supports and services, and listen non-judgmentally

**Non-Residential Withdrawal Services**

If you want to stop or reduce your use of alcohol and/or other drugs, our registered nurses can:

- offer safe and confidential treatment
- provide community-based support and care

**Creative Club**

*Available Gippsland Wide*

If you are are aged between 18 and 65 years and living with an enduring mental illness, you can access a non NDIS funded program which includes:

- an interactive, community-based program at LCHS Churchill
- weekly day trips and group programs like arts and crafts to increase social connection for people with mental health issues and provide respite for their carers.

- help you access a supervised short-stay facility
- link you with doctors to check your physical health (they may recommend prescription medication that can help you reduce or stop your substance use)

**Care and Recovery – coordinating your treatment plan**

Our Care and Recovery team coordinates your treatment and care plan in line with your recovery goals. We can provide coordination support to help you with practical needs i.e. access to health and community connections, and referrals to programs and services.

**Therapeutic Day Rehabilitation Program**

*Available Gippsland wide, face to face at Moe & online program*

A free intensive treatment alcohol and drug program that:

- is an alternative or addition to residential rehabilitation
- allows you to live at home with support of family and friends
- runs four days a week in Moe over 8 weeks during Victoria's school terms
- a group program focusing on drug & alcohol recovery goals

**How do I access these services?**

Call the Australian Community Support Organisation (ACSO) on 1300 022 760.

ACSO will ask you a few questions over the phone and book an appointment for a thorough assessment with our team. treatment options for you.

