

**FREE
SERVICE**

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

Seeking help for alcohol or drug use can feel overwhelming. The Hub is a welcoming place to start.

Whether you're looking for advice, ready to make a change, supporting someone you care about, or simply not sure where to start, The Hub is a safe place to visit and have a conversation.

You don't need an appointment – just drop in for a chat.

More information

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

Or you can drop into The Hub Monday to Friday between 10am and 4pm, and we'll answer any questions you have.



 **CALL US**
1800 242 696

 **LEARN MORE**
lchs.com.au



July 2026

**The
Hub**

**A safe place to start
your recovery from
alcohol and other drugs.**

Monday to Friday
10am to 4pm
(excluding public holidays)



What to expect when you visit The Hub

The Hub can be accessed for free at Latrobe Community Health Service, 81-87 Buckley Street, Morwell.

When you arrive, you'll enter through the garden and be greeted and welcomed by a Hub Practitioner, who'll invite you into the space for a chat.

There's no pressure and no judgement. We're here to listen, understand what matters to you, and explore how we can support you.

A comfortable and private space

The Hub has been designed to feel warm, safe and welcoming.

Inside you'll find:

- comfortable couches and a shared space
- private rooms for confidential conversations
- water, tea, and coffee
- friendly, qualified staff who are there to support you.



How we can help at The Hub

The Hub can help you begin your recovery journey from alcohol and other drugs.

You can:

- Talk with a qualified professional about your alcohol or drug use.
- Discuss the challenges you're facing and your personal goals.
- Receive support in a single session while waiting for a referral for longer-term services.
- Learn practical ways to reduce harm and stay safer.
- Access free naloxone and information about preventing overdose.
- Get new injecting equipment and information about safer injecting practices, 24-hour sharps disposal sites, and vein care.
- Get help from a nurse for concerns like hepatitis C.
- Get connected with other health, treatment and community services that may be helpful for you.

Every conversation is guided by your needs, your circumstances and your goals.

Support beyond your first visit

If you're looking for ongoing support, our team can help you access counselling, withdrawal support, treatment services and other community programs.

We'll work with you to develop a plan that reflects your goals and connect you with the services that best meet your needs.

You can come back to The Hub anytime during our opening hours.

Reducing harm and staying safe

If you're injecting drugs or other substances, you can access free needles and syringes, and safely dispose of used supplies at our Morwell, Moe, Churchill and Traralgon offices. Safe sex products are also available at these sites.

The Hub opening times



**Monday to Friday
10am to 4pm**

(excluding public holidays)



81-87 Buckley Street, Morwell

No appointment needed,
just walk in.