

Gambler’s Help

Available Gippsland wide

Our Gambler’s Help team offers free, confidential information, advice and counselling to anyone affected by gambling.

Our therapeutic counsellors support with strategies that help to reduce or stop gambling, or help you cope with someone else’s gambling.

We also have accredited financial counsellors who support people experiencing financial hardship from gambling.

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

Our Gambler’s Help services are available to anyone who lives in Gippsland. Phone 1800 242 696.

Gambler’s Help community engagement

Our community engagement program works predominantly with schools and community groups to prevent gambling through education and information sessions.

Gambler’s Help venue support

Our venue support team works with gaming venue staff and management to help develop and maintain responsible gambling environments.

We provide training and education aimed at supporting venues to meet the Responsible Gambling Code of Conduct requirements.

BetStop – the National Self-Exclusion Register™

BetStop lets you exclude yourself from all Australian licensed online and phone wagering services in one step.

The service is free and your personal details will be protected. Find more on www.betstop.gov.au

Support for your mental health

Generalist counselling

Available in Latrobe

We can help improve your mental health, through talking about your problems with qualified counsellors, or by connecting you to other services which can help.

You can access generalist counselling, counselling for children, family violence counselling for women and children, and financial counselling.

Call us on 1800 242 696 for more information.

Creative Club

Available Gippsland wide

If you are aged 18 to 65 and living with an enduring mental illness, you may be eligible for Creative Club, a non-NDIS funded program.

Based at Latrobe Community Health Service in Churchill, the program offers community-based activities, weekly day trips, and creative group sessions such as arts and crafts to help build social connections, support wellbeing, and provide respite for carers.

Forensic Mental Health in Community Health (FMHiCH) Program

Available Gippsland wide

The FMHiCH program supports adults (18+) with moderate-to-severe mental illness who are on community corrections or parole orders and at risk of reoffending.

Referrals are made by Community Correctional Services. You can also self-refer by calling us on 1800 242 696.



CALL US
1800 242 696

LEARN MORE
lchs.com.au

We acknowledge all First Nations people as the traditional custodians on whose ancestral lands our offices are situated. We recognise and pay our respects to Elders - past and present - and all First Nations people and communities across Australia.



Alcohol, drug, gambling, and mental health services

Support for your wellbeing, recovery and the goals that matter to you



July 2026



Support for alcohol and other drugs use

Seeking help for drug or alcohol use can seem confronting. There are a lot of different services and options to understand, but Latrobe Community Health Service can help.

The Hub

Available at Morwell for all walk-ins

The Hub is a free walk-in service that can help you begin your recovery from alcohol and other drugs.

You can receive support in a single session while waiting for longer-term services, and talk with a qualified professional about your alcohol or drug use, the challenges you are facing, and your personal goals. You can also learn about reducing harm and preventing overdose, including access to free naloxone.

The service provides new injecting equipment and information about safer injecting practices and vein care. Staff can also connect you with other services and community programs that may be helpful to you.

When is The Hub open?

The Hub is open Monday to Friday between 10am and 4pm.

You can visit the Hub at Latrobe Community Health Service, 81 – 87 Buckley Street, Morwell. You do not need an appointment to attend The Hub.

Harm reduction and overdose prevention program

Available Gippsland wide

We work with people aged 16 and over, families and other service providers to reduce the risk of overdoses in the community.

You can have non-judgemental conversations about drug use, learn how to prevent and respond to an overdose, and access free take-home naloxone, a medication that can reverse opioid overdoses.

We can also help you find alcohol and other drug support services and connect you with other community services. There is no waitlist, and you can self-refer at any time.

Needle and syringe program

Available in Latrobe

We provide access to sterile needles, syringes, and safe sex supplies to the community at our Latrobe sites:

- **Morwell:** Monday to Tuesday, 8:15am to 5pm – Wednesday, 8:15am to 7pm – Thursday and Friday, 8:15am to 5pm
- **Moe and Churchill:** Monday to Friday, 8:15am to 5pm
- **Traralgon:** Monday to Friday, 8:30am to 5pm

You can also safely dispose of your used supplies at these sites at any time.

Hepatitis C integrated nurse program

Available Gippsland wide

This service is available by appointment only for any person aged 18 years or older who has a chronic hepatitis C virus infection.

Our hepatitis C nurse can assess your health before chronic hepatitis C virus treatment. The nurse can also help you arrange appointments with your doctor and specialist.

Call us on 1800 242 696 for more information.

Other services that may help you

Men’s behaviour change program

Available in Latrobe, Baw Baw and Wellington Shire

The Orange Door offers free support for people who are using or are at risk of using abusive or controlling behaviour. If you use violence in your relationship and are ready to change your behaviour, we can help.

We run a free program that helps you take responsibility for your actions and gives you a safe space to make positive changes. We can also help you access other services like housing, counselling, employment, and legal advice.

Contact your local Orange Door to access this program:

- **Latrobe and Baw Baw – Inner Gippsland Area**
Call 1800 319 354 or email iga@orangedoor.vic.gov.au
- **Wellington Shire – Outer Gippsland Area**
Call 1800 512 358 or email oga@orangedoor.vic.gov.au

Health services for homeless young people

Available in Latrobe

This service is for young people aged between 15 and 25 years who are homeless, or are at risk of becoming homeless.

Our community health nurse can meet you anywhere in the Latrobe Valley to help find out what you need. The nurse can connect you and any children under your care to a doctor, housing services, Centrelink, education facilities, and a range of other health services to ensure you stay safe and healthy.

Ready to make a change?

Asking for help is often the hardest step to take. But your road to recovery can start by simply picking up the phone.

If you live in Gippsland, are older than 24 and need help with an alcohol or drug addiction, call the Australian Community Support Organisation (ACSO) on 1300 022 760.

ACSO will ask you some questions to understand your needs, talk about your alcohol or drug use and wellbeing, and work with you to develop a plan for support and treatment.

They will then refer you to the right services for more thorough treatment. Latrobe Community Health Service provides many of those services in Gippsland.

If you are aged between 12 and 24, call **headspace** Morwell for support on 03 5136 8300.

You can also attend The Hub in Morwell to be assessed or referred to these services.

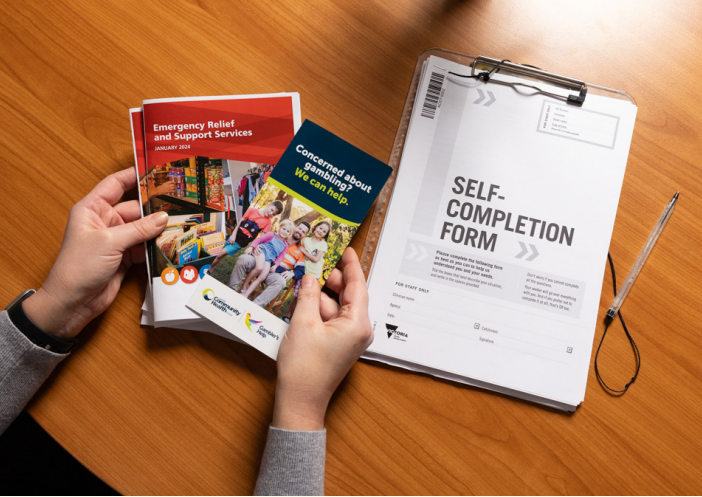
Therapeutic day rehabilitation program

Available Gippsland wide, face to face at Moe and online

Getting your life back on track after completing an alcohol and other drugs withdrawal program can feel isolating.

If you have stopped using and need some help getting back on your feet, our rehabilitation program might be a perfect fit.

The program is based in Moe and is a free nine-week course, four days a week. The program allows you to remain at home to improve your overall health and wellbeing while surrounded by your support networks.



Alcohol & drug counselling

Available in Latrobe, Baw Baw and Wellington

The road to recovery is one you don’t have to walk alone. Our team can provide ongoing counselling and care to minimise harm and prevent relapses.

Our counsellors support you to reduce or stop alcohol and drug use, build skills to manage life’s challenges, set and achieve your goals, prevent relapse, and connect with other services in a safe, non-judgemental environment.

Non-residential withdrawal services

Available in Latrobe, Baw Baw and Wellington

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 other drugs.

We can help you access detox and rehabilitation services, connect you with a doctor or addiction specialist, and work with you to develop a treatment plan that supports your recovery goals.

Care and recovery – coordinating your treatment plan

Available in Latrobe, Baw Baw and Wellington

Our care and recovery team coordinates your treatment and care plan in line with your recovery goals. We can help you with practical needs, like access to health and community services.