



This resource is an initiative of the Brisbane Youth Alcohol and Other Drug Network and was developed together with young people who are current or past consumers of these services.



### OTHER HANDY NUMBERS

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

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To download a PDF of this resource or to order more copies, contact Adis at [adis.health.qld.gov.au/information/resources](http://adis.health.qld.gov.au/information/resources) or phone **1800 177 833**

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## What other young people say about getting support:

“You're not alone; so many people have walked this journey. Seek out the support that works for you”

“The high passes, but the help doesn't”

“Seeking help is not a sign of weakness; sometimes you need the help of others.”

“If you're struggling, let someone you trust know”

## Support

If you have concerns about your own or someone else's use of alcohol or other drugs you can contact Adis 24/7 Alcohol and Drug Support. Adis provides free and anonymous 24 hour support for people in Queensland with alcohol and other drug concerns, their families and health professionals.

## adis

Adis aims to respond respectfully, compassionately and without judgement and can offer information, guidance and referral advice.

Phone: 1800 177 833

Website: [adis.health.qld.gov.au](http://adis.health.qld.gov.au)

### IF YOU ARE NOTICING CHANGES IN YOUR MOOD AND WOULD LIKE SOME HELP YOU MAY LIKE TO CONTACT:

- Kids HelpLine ph: 1800 55 1800
- [www.reachout.com](http://www.reachout.com)
- [www.headspace.com](http://www.headspace.com)

- Your GP to obtain a Mental Health Care Plan to see a Psychologist or Counsellor

- Your Guidance Officer or School Based Youth Health Nurse

- Your local Child and Youth Mental Health Service (CYMHS)

[www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/](http://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/)

- 1300 MH CALL ph: 1300 64 22 55

## Staying Safe

Any amount of substance use can carry some risks, so your SAFEST choice is not to use. If you do choose to use, here are some safety tips from other young people:

### BE INFORMED

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- Know what you are using e.g. pill testing, pill report or check out [adf.org.au/drug-facts](http://adf.org.au/drug-facts)
- Tell somebody what you are taking

- If injecting, visit a Needle and Syringe Program (NSP) for advice and clean equipment
- Talk to somebody if you need to

### BE PREPARED

- Make a plan for the evening
- Know how you are getting home
- Have money for a taxi or Uber
- Always bring a mobile phone charger with you if you are partying all weekend

### USE IN A SAFE PLACE

- Don't use alone
- Use with people you trust in a safe place

### LOOK AFTER YOURSELF

- Make sure you get enough sleep
- Eat regularly
- Take breaks from use
- Watch how much you are using
- Do other enjoyable things
- Watch your mood and talk to someone if you are not doing okay

### REDUCE THE RISK OF OVERDOSE

- Try a little first to test the strength
- Try to avoid mixing substances
- Find out if drugs interact with your medication or other drugs

## BRISBANE POCKET GUIDE



## YOUTH DRUG AND ALCOHOL SERVICES



This resource is a guide to youth drug and alcohol support options in Brisbane and surrounding areas.

Whether you are using a little or a lot, if you are worried about drug and alcohol use, feel free to contact the service that looks right for you.

For more information, you can phone Adis 24/7 Alcohol and Drug Support on **1800 177 833**

**adis**

24/7 ALCOHOL AND DRUG SUPPORT



**Hot House** is a free and confidential counselling service for young people (aged 12-25 years) and their families impacted by substance use disorders. Our staff are specialists in youth alcohol and other drug treatments, applying a trauma-informed care approach.

As part of the Alcohol and Drug Service, Metro North Health, our care can integrate with outpatient detox and/or the opioid treatment program.

There is an NSP on site.

Monday to Friday 9am - 4:30pm

**Brisbane City Community Health "Biala"**  
270 Roma St, Brisbane  
Ph: (07) 3837 5633



**Brisbane Youth Service (BYS)** is a youth homelessness organisation in Fortitude Valley. We have a dedicated AOD Team offering case management, and dual diagnosis counselling to young people aged 12-25. We assist young people to explore and address their substance use concerns through a range of supports, applying a trauma-informed care approach.

- Brief intervention and case management
- Free Dual Diagnosis Counselling (onsite or community based)
- Psychosocial support and psychoeducation
- Community based outreach
- Group programs
- Free NSP onsite

Monday to Friday 9am - 4pm

42 McLachlan Street, Fortitude Valley  
Ph: (07)3620 2400  
admin@brisyouth.org



**Clarence Street** is a free, confidential service supporting young people to make positive changes to their alcohol and other drug use. Programs include:

- Statewide residential programs: 11-day withdrawal program (13-21 years) + longer-term therapeutic residential program (13-17 years)
- Community teams providing specialist youth work support across Brisbane (13-25 years) and intensive support across southeast Queensland (13-17 years)
- Day program offering onsite training, therapeutic groups, recreational activities, and job support (13-25 years)
- Support for families and carers

Monday to Friday 8am - 4:30pm

36-40 Clarence Street, South Brisbane  
Ph: (07) 3163 8400  
clarencestreet@mater.org.au



**YFS (SHIFT)** works with young people and their families to address harmful substance use, build resilience and affect changes so that young people can succeed independently.

SHIFT works with young people 12-25 in the Logan, Redlands and Beaudesert Regions.

SHIFT can also assist with finding accommodation, re-engage with school/employment, and facilitate supported access to therapeutic day programs, detox and local residential rehabilitation services.

Monday to Friday 9am - 5pm

376 Kingston Road, Slacks Creek  
Ph: (07) 3826 1500  
shift@yfs.org.au



**Open Doors** provides advocacy and support services for lesbian, gay, bisexual, asexual and/or transgender, intersex and queer (LGBTIQAP+) young people aged 12-24 and their families who live in South East Queensland.

Services we provide include:

- Homeless prevention
- Drop-In groups
- Young and Proud (18-24)
- Drug and alcohol counselling
- Suicide Prevention

Monday to Friday 9am - 5pm

5 Green Close Square Fortitude Valley  
Ph: (07) 3257 7660  
opendoors@opendoors.net.au



**Ted Noffs** provides counselling and case management to young people aged 12-25 years old in south eastern Queensland. The evidence-based treatment helps to address drug, alcohol and mental health issues and can be provided at their Street University locations or on an outreach basis.

Locations:

- **Logan:** 4G/21 Station Road
- **Southport:** 87 Scarborough Street
- **Morayfield:** 80 King St, Caboolture

Monday to Friday

For more information  
call 1800 753 300  
or email [qldreferrals@noffs.org.au](mailto:qldreferrals@noffs.org.au)



**Logan Alcohol and Drug Service - LADDERS** (Logan Adolescent Drug Dependencies Early Response Service) provides free and confidential services to young people and their families/carers aged 12-25 with problematic substance use.

We offer:

- Group and individual counselling (with some outreach options)
- Community based withdrawal program
- Access to opiate replacement programs
- Support for families
- Advice/information in a friendly, non-judgmental space

Monday to Friday 8.30am - 4:30pm

51 Wembley Road, Logan Central  
Ph: (07) 3489 2700  
[MSAMHS\\_ADS\\_Logan@health.qld.gov.au](mailto:MSAMHS_ADS_Logan@health.qld.gov.au)