

# Online and Local Supports

Support while you wait for an appointment

The following services can offer you support while you are waiting for your CADS appointment:

## Phone Supports

ALCOHOL  
& DRUG  
SUPPORT LINE  
9442 5000  
1800 198 024

24/7 confidential, non-judgmental phone counselling for anyone seeking help for themselves or someone else

9442 5000

PARENT &  
FAMILY DRUG  
SUPPORT LINE  
9442 5050  
1800 653 203

24/7 confidential, non-judgmental phone counselling for anyone concerned about a loved one

9442 5050

### IMPORTANT SAFETY INFORMATION

Suddenly stopping your alcohol or drug use prior to your appointment may result in withdrawal and can be dangerous.

Check with your GP or the service first.



24/7 phone helpline offering treatment for smoking and alcohol addiction and behavior change/issues.

13 78 48



Support and programs for youth, families and individuals experiencing AOD problems including a 'walk in' group support program

9221 1411

## Mental Health Support Lines:

Beyond Blue Info Line: 1300 224 636

Lifeline: 131114

Suicide Callback Service: 1300 659 467

Mental Health Emergency

Response Line: 1300 555 788

Headspace (12-25 years): 1800 650 890

The Samaritans: 9381 5555

The Samaritans Youth: 9388 2500

Kids Helpline: 1800 551 800

Crisis Care Helpline: 9223 1111

## Online Supports

ALCOHOL  
& DRUG  
SUPPORT LINE

AOD counselling and support:  
Live chat between 7am-11pm

[www.mhc.wa.gov.au/adsschat](http://www.mhc.wa.gov.au/adsschat)



24/7 confidential, free text-based AOD counselling

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



Free program that provides support to help you quit smoking

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



A website for individuals and families affected by mental health issues

[www.thinkmentalhealthwa.com.au](http://www.thinkmentalhealthwa.com.au)



A website for family and friends affected by AOD use

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



Smart Recovery Groups is a free group program assisting people making change

[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

When an appointment is available:

- the service will make three attempts to contact you
- please return any missed call asap
- let the service know if your contact details change

Don't forget you can bring a support person to your appointment. You'll get a reminder text the day before and plan to be there for 1-2 hours.

## METRO COMMUNITY ALCOHOL AND DRUG SERVICES

