

# Alcohol support services

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If you are concerned about your drinking but don't know where to begin, you don't have to do it alone.

There are many services you can tap into for support to cut back or give up drinking alcohol, or to help you support someone else.

If someone else's drinking is having an impact on you, there is support available for you too.

Your doctor is a great place to start. If you have been drinking heavily for a long time it can be dangerous to reduce or give up alcohol on your own. A doctor can help you to safely withdraw from alcohol, or refer you to a specialist service.

You can find a local GP at [healthdirect.gov.au](http://healthdirect.gov.au) or by calling 1800 022 222.

Below is a list of other services that can support you or someone you care about.

## Alcohol support services

### NATIONAL ALCOHOL AND OTHER DRUG HOTLINE

[The National Alcohol and Other Drug Hotline](http://The National Alcohol and Other Drug Hotline) offers free and confidential advice about alcohol and other drugs.

1800 250 015  
[health.gov.au/contacts/national-alcohol-and-other-drug-hotline-contact](http://health.gov.au/contacts/national-alcohol-and-other-drug-hotline-contact)

### HELLO SUNDAY MORNING

Hello Sunday Morning is an organisation committed to supporting people who have made the decision to abstain, take a break or simply review their alcohol consumption. Their Daybreak app provides free support and connects a community of people. They also provide one-on-one counselling with professional health coaches, and all registration costs are subsidised by the Australian Government.

1300 403 196  
[hellosundaymorning.org](http://hellosundaymorning.org)

### SOBER IN THE COUNTRY

Sober in the country is a national rural grassroots Australian charity, who are working to deliver national alcohol awareness via real talk. Through [Bush Tribe](http://Bush Tribe), they provide a peer support space where bush people can yarn with other bush people to reduce drinking and access an accepting space to chat with like-minded people.

[soberinthecountry.org](http://soberinthecountry.org)

### SMART RECOVERY AUSTRALIA

Through a free group program addressing addiction to alcohol, Smart Recovery Australia empowers people to help themselves and each other manage problematic behaviour for the improvement of the health and social wellbeing of the community. Guided by trained peers and professionals, participants use a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques.

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

### ALCOHOLICS ANONYMOUS AUSTRALIA

AA is an informal society of more than 2 million recovering alcoholics who provide each other with strength and hope so that they may solve their common problem and help others to recover from alcoholism.

1300 222 222  
[aa.org.au](http://aa.org.au)

### TURNING POINT

Turning Point provides a wide range of [clinical care and support](http://clinical care and support) for people and families affected by addiction, including those seeking help for the first time, as well as empowering clinicians to respond effectively. Services include 24/7 online counselling to people adversely affected by alcohol, other drugs, and gambling.

1800 888 236  
[turningpoint.org.au](http://turningpoint.org.au)

### ALCOHOL AND DRUG FOUNDATION

The Alcohol and Drug Foundation provides information on minimising alcohol harm. Their [Path2Help](http://Path2Help) tool can help you find support and information tailored to your specific needs.

1300 85 85 84  
[adf.org.au](http://adf.org.au)

## Family support

### FAMILY DRUG SUPPORT

Family drug support provides up to date information on all aspects of alcohol and drug use to the families of alcohol and other drug users. They provide a 24-hour, 7 day a week helpline to support people who are worried about the alcohol and drug use of their family and loved ones.

1300 368 186  
[fds.org.au](http://fds.org.au)

## AL-ANON FAMILY GROUPS

Al-Anon helps families and friends of alcoholics recover from the effects of living with someone whose drinking is a problem. They provide a range of services offering hope and recovery to people affected by the alcoholism of a relative or friend.

1300 252 666  
[al-anon.org.au](http://al-anon.org.au)

## SUPPORTING FAMILY CONVERSATIONS

The Supporting Family Conversations website has been designed to meet parents' and schools' information needs, and to support communication between parents and their adolescent children about alcohol and cybersafety.

[supportingfamilyconversations.com.au](http://supportingfamilyconversations.com.au)

# Alcohol and mental health

The following organisations can provide specialist and non-judgemental support and guidance for people seeking help for mental health and alcohol concerns.

## BEYOND BLUE

Information and support to help everyone in Australia achieve their best possible mental health.

1300 22 4636  
[beyondblue.org.au](http://beyondblue.org.au)

## LIFELINE

24-hour crisis support and suicide prevention services.

13 11 14  
[lifeline.org.au](http://lifeline.org.au)

## KIDS HELP LINE

Online counselling service for young people aged 5 to 25.

1800 55 1800  
[kidshelpline.com.au](http://kidshelpline.com.au)

## REACH OUT

Online mental health organisation for young people and their parents.

[au.reachout.com](http://au.reachout.com)

# Pregnancy, breastfeeding and FASD information

## PREGNANCY, BIRTH AND BABY

Supporting parents on the journey from pregnancy to preschool. Speak to a maternal child health nurse for personal advice and guidance and discover all about pregnancy, birth, being a parent and raising a child.

1800 882 436  
[pregnancybirthbaby.org.au](http://pregnancybirthbaby.org.au)

## NOFASD AUSTRALIA

As the peak national body, NOFASD promotes the prevention, diagnosis, early intervention and management of FASD. NOFASD operates the FASD helpline providing support and resources to individuals, families, pregnant women and service providers across Australia.

1800 860 613  
[nofasd.org.au](http://nofasd.org.au)

## FASDHUB

A repository of evidence-based Australian information on pregnancy, alcohol and FASD.

[FASDHub.org.au](http://FASDHub.org.au)

## AUSTRALIAN BREASTFEEDING ASSOCIATION

Australia's peak body for breastfeeding information and support, helping more than 80,000 mothers each year. The ABA also provides information and training to health professionals who work with mothers and babies.

1800 686 268  
[breastfeeding.asn.au](http://breastfeeding.asn.au)

## FEED SAFE APP

Feed Safe was developed to assist women in making the best decisions about alcohol and breastfeeding, by providing information based on the most current research and the official guidelines of the NHMRC.

[feedsafe.net](http://feedsafe.net)

# Health information

## HEALTH DIRECT AUSTRALIA

24/7 health advice from the national virtual public health information service.

1800 022 222  
[healthdirect.gov.au](http://healthdirect.gov.au)

# Family violence support

## 1800 RESPECT

1800RESPECT provides 24/7 domestic violence and sexual assault counselling and support.

1800 737 732  
[1800respect.org.au](http://1800respect.org.au)