

#### Wangaratta

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#### Wodonga

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## Drug Withdrawal Program

Are you are thinking about stopping completely, having a break or simply cutting down your alcohol or drugs?

If you have decided to make changes, chances are that you have some concerns about the amount you use and the long term health implications.

You may be finding that your use is having a negative effect on your relationships, your health or your work, and it may have even got you in trouble with the law.

*We can help you with lots of things when it comes to cutting back or stopping, the key is to start small.*



A withdrawal nurse can:

- Help you to identify strategies for dealing with the cravings
- Help you to understand triggers and high risk situations
- Help you to understand alcohol or drug dependence
- Help you to get into detox and rehabilitation programs
- Help you to understand lapse and relapse
- Support you to see a GP

If you would like assistance from us please phone:

**Consumer Intake Assessment Line - Australian Community Services Organisation (ACSO)**

**1300 022 760**  
**Mon-Fri 9am - 5pm**

