

## Alcohol and Other Drugs

Struggling with substance use and want help?  
What is addiction?  
Is someone you love struggling with substance use?  
Helpful links

If you are struggling with alcohol or drug abuse the first step is to reach out and talk to someone you trust. This might be a family member, friend, counsellor or your GP. You can also call Directline on 1800 888 236 which provides 24 hour counselling, referral and information specific to alcohol and drug use.

## Struggling with substance abuse and want help?

Addiction is a treatable disease. You do not have to hit rock bottom before you get help.

Substance abuse can negatively affect every aspect of your life. The good news is there are organisations and professionals dedicated to making sure individuals get the help they need. The decision to get help can be challenging but organisations and professionals understand that each person will approach substance recovery in their own way and at their own pace. Talk to someone today to start the process of change.

## What is addiction?

There are several ways to characterise addiction. Below is a description of the physiological basis for addiction and the impact it can have.

Definition by: Psychology Today

<https://www.psychologytoday.com/basics/addiction>

Addiction is a condition that results when a person ingests a substance (e.g., alcohol, cocaine, nicotine) or engages in an activity (e.g., gambling, sex, shopping) that can be pleasurable but the continued use/act of which becomes compulsive and interferes with ordinary life responsibilities, such as work, relationships, or health. Users may not be aware that their behaviour is out of control and causing problems for themselves and others.

# Is someone you love struggling with substance abuse?

If someone you love is struggling with substance abuse it can often put great strain on your relationship. It is important to remember that substance abuse can be the cause of their behaviours rather than the personality of the individual. The person themselves may not be ready to seek help, however there are organisations that can help support and guide you in your relationship with someone affected by substance abuse.

It is important that people can be addicted to both legal and illegal substances. Even if you or someone you care about is using illegal substances there is support available.

If the person is being violent or abusive to you, others or themselves seek help immediately by calling 000.

For information about illicit drugs go to [www.drugs.health.gov.vic.au](http://www.drugs.health.gov.vic.au)

## Helpful links

For regional service near you, please use the [Directory](#) or the [Service Finder Navigational Tool](#) on this website.

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

Al-Anon 1300 252 666 [www.al-anon.org/australia](http://www.al-anon.org/australia)

Anglicare 1800 809 722 <https://www.anglicarevic.org.au/>

Alcohol and Drug Information Services ADIS 1800 888 236

Narconon [www.narconon.org](http://www.narconon.org)

Australian Drug Foundation [www.adf.org.au](http://www.adf.org.au)

Australian Drug Information Network [www.adin.com.au](http://www.adin.com.au)

Australian Government Alcohol Information [www.alcohol.gov.au](http://www.alcohol.gov.au)

Counselling Online [www.counsellingonline.com.au](http://www.counsellingonline.com.au)

DirectLine 1800 888 236 [www.health.vic.gov.au](http://www.health.vic.gov.au)

Drug & Alcohol Clinical Advisory Service (DACAS) For Health Professionals 1800 812 804

Family Drug Help 1300 660 068

HelpGuide [www.HelpGuide.org](http://www.HelpGuide.org)

Quitline 13 18 48

St. Vincent de Paul (03) 9895 5800 [www.vinnies.org.au](http://www.vinnies.org.au)

Stepping Up [www.stepping-up.org.au](http://www.stepping-up.org.au)

The Better Health Channel [www.thebetterhealth.vic.gov.au](http://www.thebetterhealth.vic.gov.au)

The Salvation Army 13 72 58 [www.salvos.org.au](http://www.salvos.org.au)

Victorian Alcohol And Drug Association (03) 9412 5600 [www.vaada.org.au](http://www.vaada.org.au)

Youth Drugs and Alcohol Advice 1800 458 685 [www.yodaa.org.au](http://www.yodaa.org.au)

Youth Substance Abuse Services YSAS 1800458 685 [www.ysas.org.au](http://www.ysas.org.au)

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