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# Clear Day Consulting Drug and Alcohol Program



Clear Day Counselling & Coaching  
Helping You Look Forward To Tomorrow

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## What is drug and alcohol counselling?

Drug and alcohol counselling is counselling services designed to help people eliminate illegal drug use and drink in a safe and controlled manner. Illegal drug use is by its very nature illegal and consequently the aim of counselling is to help you eliminate it. Whilst alcohol use is legal it is often problematic. When it comes to alcohol we aim to help clients get control of their drinking so that it is not problematic and cause no harm.

### Drug and Alcohol Counselling, The Problem it Solves

For people who have a drug or alcohol dependency and want to get off it.

Are you someone who depends on drugs or alcohol to lift your mood? Or are you someone who needs alcohol or drugs to have fun. Have you've noticed that your life is less happy, less satisfied and going in a direction you don't like because of your drinking or drug use? Do you tell yourself you could easily quit but you never seem to?

If you said yes to any of these questions then it's very likely you have a dependency on illegal drugs or alcohol. If this is true drug, alcohol counselling can help you overcome the urges, control your consumption of alcohol, eliminate your drug use, and get your life back on track. Effective counselling will help you change your unconscious attachments to alcohol and drug use so you can be free of their harmful effects.



### [About drug and alcohol Counselling, It's easier than you think!](#)

Drug and / or Alcohol Counselling is probably easier than think. Many people are concerned when they come in for drug and alcohol counselling that it might be hard and difficult. Some fear that the fun in their lives will be over if they can't use drugs or consume alcohol.

However, most clients experience exactly the opposite. Most clients find that they feel happier, more energised, more enthusiastic for life and living because they reduce their alcohol consumption and eliminate any illegal drug use. The reason being the benefits of not drinking heavily and eliminating drug use far exceed the disadvantages. The secret is convincing your sub-conscious mind so it lets go dependency.

### [We Use Positive Psychology Coaching](#)

At Clear Day Consulting. Counselling and Coaching, we teach positive psychology frameworks. This means you will become happier, more confident, and more empowered to get the best out of life and living, as well as reduce your alcohol consumption and eliminate drug dependency.

Let's face it. If your alcohol and drug use is making you happy then you wouldn't be looking at this article. You'd be off doing more drugs and more alcohol. So, if you're looking for help you have probably proven to yourself that drugs and alcohol may well give you great short term experiences but in the medium and long term, make your life to pretty uncomfortable even completely miserable and bad.

### [What you Will Learn in the Program](#)

In the program, you'll learn about the drivers of dependency. You'll learn how to overcome the urges that drive you to overindulge. You'll learn how to change your, conscious and unconscious beliefs and behaviours so you can thrive in life and living. You'll learn how to live a life of happiness, carefreeness and satisfaction without dependency.

We promise that by learning how to overcome your unconscious and semi-conscious beliefs and behaviours that drive your attachment to drug and alcohol dependence, you'll learn to get more out of life and living.

Firstly, your health, wellbeing and energy levels will improve a lot. Secondly, your, optimism and enthusiasm will improve. Third, you will find that your relationships improve enormously.

Through the counselling process, you will learn the skills and strategies for eliminating addiction and dependency. If you want to get your life back on track, if you want to feel much better for drinking less and eliminating illegal drug use then the process of drug and alcohol counselling will help immensely.

You will probably find it much easier than you think. What's more, you will immediately feel better for taking charge. What's more, nothing bad will happen if you eliminate drug use and learn to control your drinking. Only good things will happen.



### Process of Drug and Alcohol Counselling

#### Aim:

The aim of drug and alcohol counselling is to help you eliminate illegal drug use and control your alcohol consumption within safe limits. In short, we want to put you in charge so you can overcome dependency and urges and create the life you want. We want to help you so you can get the best out of life without having to resort to drugs and alcohol to manage your mood, overcome stress and cope with difficulties.

But we will help you do much more than that. Because we do Positive Psychology Coaching, we will teach you how to thrive in all aspects of life. We do this because we know that people who are thriving in life don't do drugs and are in control of their drinking.

## The Stages of Drug and Alcohol Counselling

There are four stages to the process of Drug and Alcohol counselling

Initial workup.

During the initial session, we listen to your situation, identify the root causes of your problem and then we will outline a plan that will help you achieve the results you want. After we've discussed it and you have agreed to the plan we're suggesting we can begin immediately, getting your life back on track.

During that initial discussion, if you don't think the plan will suit you we will suggest another option. We will always try to make the plan suit you in your situation. However, if you don't believe we are able to help you are free to leave without any obligations and seek other help.

Awareness of the problem and the solutions.

The problem-solving process for both drug and alcohol problems begins with awareness. Think of the process as a sophisticated problem-solving exercise. It is very hard to solve a problem that you are not fully aware of. First of all, you need to become aware of what the root cause of drug and alcohol addiction is. What is the root cause of the conscious and unconscious urges that drive you to do illegal drugs and consume too much alcohol?

For example, the problem is the desire for more driven by the urge for immediate gratification. Once you're aware of the problems we then teach you the strategies and skills that override the need to satisfy your urges so you can get back in charge.

Skills and strategies for drug and alcohol problems.

The skills and strategies of drug and alcohol control include learning how to win the argument. It's also about finding the motivation to overcome dependency be persistent and determined enough to succeed. Part of the work we will do with you is to help you win the argument and find the motivation, persistence and determination to succeed. This phase usually sees you coming in for a session once per week until you understand what the problems and solutions are. This usually take about 3 - 4 sessions.

## Application

Knowledge without application is just information in your head. Knowledge doesn't change you until you apply it in real-life situations and grow new perspectives. We will help you apply the skills and strategies you learn in, low medium and high-risk situations until you succeed in overcoming urges. Usually, this phase means we meet every fortnight for about 3 - 4 sessions. What's more the goal is to keep repeating the process until your conscious and unconscious associations and attachments to alcohol and drugs are removed and you are free of dependence. Don't worry, everyone succeeds if they persevere enough.

## Maintenance and Relapse Prevention

Once you've been able to succeed in low, medium and high-risk situations we will support you over a period of time until you're no longer a risk of relapse. During this phase we teach you how to maintain downward pressure on your dependency until you can confidently go it alone. This usually entails monthly meetings until you are confident you can go it alone and you've had a proven track record of success.





## The Benefits of Drug and Alcohol Counselling

You get un-chained from addiction and a whole lot more.

You get your life back. You wouldn't be looking into drug or alcohol counselling services unless these issues are causing you problems. If you want to get your life back, if you want to feel carefree and happy again, then eliminating drug dependency and getting your life unchained from addiction through effective counselling is the way to go. What's more you'll learn how to get unstuck from other things that are holding you back from thriving success in life and living. If you want to have the best life possible then positive psychology coaching and counselling will show you how.

You will become more happy, satisfied, confident in most if not all aspects of life.

You wouldn't be seeking help if you were as happy as you want to be. One of the things that most people experience when they eliminate drug addiction and control their drinking is they feel suddenly feel happier, more satisfied, and more confident in all aspects of their lives. They get their enthusiasm for life back. They get their joy of life back.

You get back in charge of your life.

One of the nastier things that tends to happen when you become dependent on drugs and alcohol is you start to build your life around the next fix or the next drink. Your life becomes focused on the next session and you lose sight of the other things of life that make you happy, satisfied and fulfilled. It's almost as if you start to exist only for the party. If this really works for you then that's fine off you go and party on.

But you and I know from experience that it doesn't really work. What tends to happen is you tend to stop doing the things that make life function and over time the wheels start to fall off and life starts stop flowing and starts grinding. Eliminating drug use and controlling your drinking puts you back in charge so your life can run smoothly again. It enables you to put time back so you can put that into doing thing all the things that makes life function and flow.

You get your enthusiasm for life and living back.

All the euphoria that drugs and alcohol create when you're "on them", doesn't make up for the cost of losing your enthusiasm for life and living. The relatively small high you get in drugs and alcohol doesn't compensate for the cost of losing your enthusiasm for seeing and

doing all the incredible things that are available to you. Over time drugs and alcohol tends to mean you lose enthusiasm for normal and can't be happy unless you're using. This tends to be a case of spiralling, or for that matter gently gliding downward from where you are to hitting rock bottom.

What's exciting is the opposite is also true. If you give up on drugs and control your drinking your enthusiasm for just being alive and living life to the max goes up. In the end you won't miss drugs and you won't worry about your alcohol use. You'll be excited by everything this thing called life and living has to offer. What you will be experiencing is a renewed enthusiasm for love, for just being alive.

## **Why do we need drug and alcohol counselling services?**

Drug and alcohol abuse causes a great deal of distress and can ruin lives.



The short answer is drug and alcohol abuse problems cause a great deal of mental, emotional, psychological, and social problems for people who are dependent on them as well as the people who care about people who are dependent.

What's more drug and alcohol use problems cause family breakdowns, impoverishment, loss of jobs. More worryingly drug and alcohol abuse problems cause problems of violence

both in the household as domestic violence and out of the house hold as social violence. Every weekend in most modern, countries someone dies or is severely injured because of alcohol influenced violence.

It's seriously harming your health and wellbeing.

The cost of drug abuse and alcohol problems to the individual is high. From loss of health, accidents, injury, to loss of jobs and marriages. What's more drug and alcohol problems tend not to deliver on the promise of a better time. The reason is as your dependence grows, so



too does you tolerance and consequently you need to consume more drugs or alcohol to get the same effect. Over time this will start to totally dominate your life, delivering more and more costs and harms for less and less benefits.

Many people start out feeling they can take or leave alcohol or drugs only to find that after a few months of using they are always thinking about it. If this goes on, you eventually start building your whole life around the next fix or drinking session.

If you want to become a shadow of your best self and enjoy life less then go for it. However, if you really think about it you probably need to address your issues if you have a drug or alcohol dependency issue.

### [It's reaching every level of society.](#)

Drug and alcohol use problems are not just confined to lower socio-economic groups. Lower social economic groups may tend to use less expensive drugs or alcohol. However rich socio-economic groups tend to use just as much drugs or alcohol, but spend more money doing it. Drug and alcohol abuse problems are affecting every level of society and no person, family, or group is immune to these issues.

### [Drugs and alcohol abuse routinely ruins lives.](#)

We routinely work with people who have flourishing careers that become completely broken and destroyed by drug or alcohol use problems. People with big incomes may think they are immune to these issues however they're not. We routinely work with people who have high paid jobs who lose that job and then suffer a cascade of disasters that see them broken and poor.

We routinely see individuals who once had thriving careers lose their, job lose their families, and find they are unable to maintain their mortgage payments. They have to take their kids out of private school and ultimately their partners leave them. On the other hand we see poorer people suffering the exact same fate though they may not be spending as much money the undeniable truth is, no one is immune to the problems that occur when you become dependent on drugs or alcohol.

We often see the end result of an accident. A person having spend a night drinking and taking drugs falls over and fractures their skull only to have to spend a week in ICU as they

recover from a serious head injury. We see people going to gaol because they got involved in a violent situation when they were under the influence of alcohol. If drug and alcohol use was safe these issues wouldn't happen. No one is immune to them.

### Life is much better without drugs

What's crazy is life is demonstrably better, easier, and more fulfilling, when you don't take drugs and when you only drinking modest amounts of alcohol. From having more energy, more optimism, more confidence, and enthusiasm for life and living, right through to saving money making more of every day and enjoying better relationships, there is no good case supporting the idea of drug and alcohol abuse. But there is a massively compelling case for not using drugs and for using only safe levels of alcohol.

### Who needs drug and alcohol counselling?

Obviously if you have a drug addiction it is illegal and you must eliminate it.

If you are consuming alcohol everyday at moderate to high levels then you need help. If you take illegal drugs you are committing a crime. While some people might think that small amounts of illegal substance use is acceptable we find very little evidence that any amount of drug use is safe.



If you're using drugs or alcohol and they are causing you harm, or if you have developed a dependency then you need to get help. To get help all you have to do is call your local professional therapist and inlist their services.

When it comes to alcohol, if your alcohol use is causing you distress or distress to the people around you then you need to eliminate it or learn to control it.

If you're consuming alcohol every day, then you need to seek help. If you are consuming large amounts of alcohol in any single session Then you need to seek help. Whether you're a binge drinker or a regular drinker if alcohol is causing you and the people around you distress then you need to seek help.

## **What can you expect from drug and alcohol counselling?**

### Empathy

Professional therapists always understand you in your situation so that they can give you a complete and thorough programme that will work for you. With this in mind all professional therapists are excellent when it comes to empathy.

### Understanding



All good therapists will understand your situation. Many good therapists have had personal experience with drug and alcohol abuse problems and have overcome them and further to that they have many years working with people with drug and alcohol use problems. With this in mind you will find a good

therapist will be understanding and very supportive.

### Support

With good therapy, support is available when you need it. You will have access to your therapist during your sessions and outside of them if need be. It is our job to make sure that you feel supported as you tackle and overcome the challenges you face. You will never feel alone. Your therapist will provide you with the kind of support you would expect from a friend, only this support will be based on evidence that works.

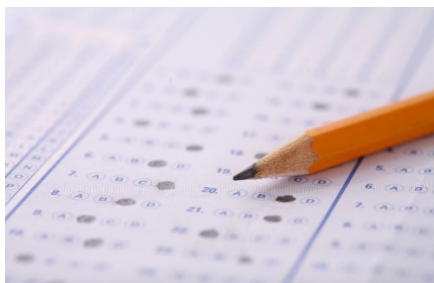
## Skills and Strategies

It's all well and good to provide you with support and understanding and empathy. However while you might feel better for it and feel more supported, understanding and empathy won't change you. What will change you and your situation are insights, understanding, skills and strategies. Your therapist will teach you the skills and strategies that give you the control you need to eliminate illegal drug use and to control your drinking.

## Results

All good professional therapists use evidence based programmes. This way you can be confident that they will get the results that you're looking for. If you apply what you learn in real life situations and you persist you will get control. Obviously, your therapist can't do the work for you but if you have the courage and the motivation and the determination to apply what you learn you can expect to get the results you want in keeping with the effort you make.

## What is drug and alcohol assessment?



Good therapists will use psychometric testing to measure your use of drugs and alcohol. Drug and alcohol assessments standardised tests that help us measure your baseline of use. These psychometric tests can also help us identify any other symptoms and problems that may be associated with your drug and alcohol use issues. Drug and alcohol psychometric assessments are safe completely confidential and are to help you measure your progress.

## How do Drug and alcohol assessment questions work?

The way drug and alcohol assessments work is pretty straightforward. we give you a standardised assessment that is based on a normal group of people. You answer questions usually with a numbering system alright quick click and choice system. At the end your scores are tallied and compared to normal people who don't have a problem.

## [How to answer drug and alcohol assessment questions?](#)

Each drug and alcohol psychometric test will have instructions associated with it. Most want to look at your drug and alcohol use problems over the previous three to six months. So, when answering these questions, it's best to consider what you're like over the previous six months. Having said that, you're best too answer the questions with your first impression. There is no absolute right and wrong. These are simple tests to give us simple guides as to where you are we should drug and alcohol problem and they also help us get your progress.

## [Assess yourself for drug and alcohol dependence.](#)

Take the Audit Assessment. The Audit Assessment is a quick 3 minute standardised test to measure your baseline use of alcohol.

The WHO ASSIST assessment is a more extensive assessment that measures your baseline usage and dependence across a number of common drug and alcohol type substances.

You can find both of these tests on line free of charge. Just type AUDIT and Who ASSIST into your browser and follow the appropriate links.

## [What does a drug and alcohol counsellor do?](#)

Drug and alcohol counsellors are trained in understanding and identifying the drivers of your drug and alcohol use problems. They help you become aware of your conscious and unconscious beliefs and behaviours that drive your dependence. They are also expert at formulating strategies to overcome your dependency or addiction that work.

Typically, you come in for an initial session where you explain your situation to the therapist. During this initial session, the counsellor listens to your situation, so they can understand what is causing your problem. Once they have finished the initial work up they will explain a strategy that will help you overcome your problems. They will then discuss with you any questions you may have about the strategy. Once you've had your questions answered, If, you like the plan they will usually help you begin implementing it immediately.

Between each session you will be given homework. You'll be given the principles, skills and strategies to apply so you can start to get yourself back in charge of your life by overcoming

your problem. In each session you'll be help to understand what is causing your problems and you'll be given skills and strategies to overcome them. Your job is to apply, what you learn in low, medium and high risk situations so you can learn greater and greater levels of control.

## **About drug and Alcohol Counsellors**

### Professional Education and Experience.



Highly qualified professional drug and alcohol counsellors have Master's degrees in psychology and many years of experience and ongoing education helping people overcome problems with dependence on drugs and alcohol. They bring all their education and experience to the counselling process helping you overcome the urges and habits that drive problem drug and alcohol use.

### Member of an a professional association

All professional therapists are members of their state or national associations which ensures that they meet the highest standards in training, education, and ongoing professional development.

### Ongoing professional development

All professional therapists and counsellors must undertake ongoing professional development to ensure they maintain a high standard of professionalism and skill. This also means they have to stay up to date with the research and can therefore provide the best in therapy and support.



## [Trained to understand, support, and motivate you to achieve the results you want.](#)

Professional therapists and counsellors are trained to understand the science, the psychology skills and strategies of overcoming addiction and drug and alcohol dependence. Armed with this knowledge and years of experience they are able to help you understand your problem and find the motivation to overcome it. You can be confident they will provide you all the support you need on your journey to success.

## [How does it work?](#)

If you think you have a problem come in for an assessment. Then if you do have a problem the therapist or counsellor will show you what you need to do to overcome your problem.

## [Why should I get an assessment?](#)

You don't have to get an assessment, however if you think you have problem then a thorough assessment will tell what you need to do to fix it.

## [If I have a high score what does that mean?](#)

If you score high on your drug or alcohol assessment then it is likely you have a significant problem that needs professional help. If you score high you should seek out the services of a professional therapist experienced in treatment of drug or alcohol dependence issues.

## [Where do I go for help once I have done an assessment?](#)

Drug and alcohol counsellors are Primary Health care practitioners which means you don't need a referral to seek their help. If you want to have your drug and alcohol dependence recorded against your medical records then it would be advised to seek the help of your General practitioner first. They will then refer you to either a psychiatrist or a clinical psychologist. If you don't wish to seek the help of a psychiatrist or clinical psychologist you may choose to seek the advice and help of a drug and alcohol counsellor. In either case it's always best to get referrals from people who have used the service before you seek anyone's help.

## **How to cover my drug and alcohol counselling costs**

### **The cost of drug and alcohol counselling can be claimed against some health funds?**

Generally speaking, drug and alcohol dependents issues are not covered under Medicare or your health funds. However, in some situations you may qualify for the governments better access to health care plan. To access these subsidised treatment programmes provided for under the better access to health legislation you need to go to your General practitioner first and be assessed for a mental health condition. They will then refer you to a qualified psychologist or psychiatrist or counsellor. Some people choose not to seek out a better health access plan because they don't want the details of their problem recorded against their medical records. Many people choose to seek a therapist without an access plan because they wish to try and approach that is not a medicalized drug and alcohol programme. Whatever your choice it's up to you.

### **If you chose to cover the costs yourself.**

If you choose to cover costs yourself you can expect a high level service and success if you seek the assistance of a highly qualified professional service provider. Professional therapists can be found near you simply by going on to Google or even seeking a referral from a friend or family member or your GP.

## **How to help a person struggling with drug or alcohol addiction.**

### **It is hard because you can't do it for them.**

One of the most important principles of helping people with drug and alcohol problems is to realise you can't fix them. They have to fix themselves. Which means you're limited in your ability to help them. You're usually only able to support them and give them empathy, understanding, and good advice. However, have confidence that helping somebody by supporting them as they go through their journey is vitally important in their success.

### **Understand the limit of your control?**

You can't police their behaviour into success. We always recommend that you don't attempt to control or coerce, or force your friend or family member into doing drug or alcohol rehabilitation. This approach tends to make them become more deceptive, and more

manipulative, in doing drugs and alcohol. Shaming, blaming, embarrassing them also doesn't work.

Instead, it's better to explain to them your worries and your concerns for the drug and alcohol use. It's best let them know how their drug and alcohol problem is impacting you and the people that love them. Telling a person who uses drugs or alcohol excessively the impact of their behaviour will have a powerful effect on most people. It's likely to inspire them to change.

### Be strong, be patient, be kind and firm.

The process of supporting somebody through the journey of overcoming drug and alcohol addiction is a long one. Never give up on them. Be kind to them. But be strong with them. Drug use is illegal and it's OK to make that statement. While alcohol consumption is no illegal, excessive alcohol consumption is often harmful to the person themselves it's also often harmful to the people who are closest to them. Be strong in letting them know that they drug and alcohol abuse is not OK with you. However don't forget to be kind and patient as overcoming drug and alcohol problems often takes many months and sometimes years.

### Safe supporting without being enabling.

Be careful not to enable people in your kindness. As you try to help them it's OK to let them know that you're not OK with their use. You don't have to enable people who abuse drugs and alcohol if you support them.

Oftentimes drug and alcohol users will attempt to manipulate you, or deceive you so that you enable them to continue their problem. Sometimes carers are frightened to let the person fall and hit rock bottom. In many cases you have to let people fail so they decide to pick themselves up and overcome their problem. protecting people who abuse drugs and alcohol from the consequences of their decisions often perpetuates the problem.

It's important to realise however that in some cases you may need to rescue someone so they don't harm themselves. It's often a difficult decision however you may simply need to assess for yourself whether you think the person is safe or not. If you believe they are unsafe then you should act to protect them. On the other hand if you believe that they are safe then you may need to let them fall so they can find the motivation and determination to rise above their issues and get their lives back

## How to counsel a drug addict.

### Be careful not to get dragged in to their drama

It's easy to get hooked by their problems because you care. Whilst it is understandable that you want to help by taking away their pain and distress often all that happens is you become just as distressed. Taking an arms, length carer helper approach is best. After all if you get tangled up into their drama and their narrative you might end up going down with them. It isn't uncaring to take a caring, firm, but arms length position. It doesn't do them any good for you to unravel as much as they do.

### Don't buy their excuses, stay firm and fair.

Most people with drug and alcohol abuse problems are able to justify their behaviour. Usually they use convoluted or even seemingly sensible justifications. Don't buy their justifications. The fact is if their life was running safely and smoothly they don't have a problem. If it isn't they do. No amount of justification takes away the fact that drug use and alcohol abuse problems cause them and the people they care about a lot of distress.

### Be empathic and understanding but always work towards eliminating dependence.

It is always better to be understanding and empathic. However being understanding and empathic doesn't mean you agree with them. I routinely listen to people I understand and can empathise with. But just because I can "Get Them" doesn't mean I agree with them. Nor does my understanding mean I think what they are doing is good for them. It just means I'm trying to get into their head and understand why they do what they do so I can help them.

### Never give up on them.

Lot's of people who are close to drug users and alcohol abusers feel like they've had enough by the time they seek therapy. In my experience the majority of people eventually succeed in eliminating drug use and alcohol abuse. It might take a while for some but they get there eventually.

### Be firm but caring.

Caring doesn't mean you agree. Nor does it mean you have to take their pain away. If what they are doing is causing themselves distress and causing distress to the people around

them it's ok to let them experience their pain. However, you need to be there for them so when they decide to take control you can support them.

Caring is practical not compensating and enabling.

You need to fully accept that you can't do change for them. The person with the problem has to do it for themselves. Your job is to cheer them on as they improve their lives and overcome their challenges.

### [Be empathic without enabling.](#)

Empathy is understanding them as if you are them. It is understanding without judgement and criticism. However, that doesn't mean you agree with them. Nor does it mean that you can't challenge them. I can say to someone I understand, and I love you and I want the best for you and that is why you need to overcome drug and alcohol dependence.

### [Direct them to a professional service.](#)

Surround them and you with professional support. But be aware overcoming drug and alcohol dependence requires a lot of insight into the science, psychology, skills and strategies for overcoming dependence. That's why it's always best to direct them to professional services.

### [Get your own professional support.](#)

Carers often need help. You might need help in understanding their issues. You might need help because their dilemmas stir up challenges for yourself. It is always wise to get the support of a professional therapist to support you through your situation as you support them through theirs.

Find a good match between you and professional services.

It's important that you have a good connection between you and your therapist if you need help. It goes without saying that you need to be able to trust your therapist if you are going to get any benefit from working with them. Don't be afraid to change therapists if you are not comfortable with the one you're working with.

## **The next step**

### **Get the help you need so you can get your life back under your control.**

Once you've decided you need to get help, or if you know someone you believe needs help then reach out to get a professional therapist by simply looking up one on the internet. Read the reviews and also ask around friends and family members for referrals.

### **Check with your primary health care practitioner.**

If you're friends and family can't point you in the right direction and you don't want to risk seeing someone you've looked up on the internet your GP can point you in the right direction.

### **Find a therapist that suits you.**

It is important that you have a good rapport with your therapist so don't be frightened to change if you think you're not really getting on well enough. However, be aware that a good therapist isn't your best friend. They are there to introduce you to the principles, skills and strategies you need to solve your problems.

### **Be determined to succeed.**

No amount of good information, support and direction will replace the simple determination to succeed. You still need the best information, support, and guidance from a professional therapist but unless you're determined to apply what you've learned until you succeed it won't help. If you're ready to get going and you're determined to persist until you succeed then reach out we can help.

### **Call and seek out the help of a professional drug and alcohol counsellor.**

To get help simply call your GP or look up a therapist near by. If you would like to speak to us then simply call 9420 0788 and one of our friendly office staff will help you set up an appointment.



Act sooner rather than later.

It is always easier to fix a problem before your life becomes a train wreck. If you think you've got a problem then your probably do. If people around you are suggesting you have a problem you quite possibly do. Either way, act earlier rather than later. A professional therapist will be able to tell you what is best for you. So do wait pick up the phone and call. Our number is 9420 0788

You will know in your heart of hearts if you have a problem with drugs and alcohol. All the best in your journey.

Regards

Jim O'Connor

Senior Therapist and Coach

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