

INFORMATION FOR YOU

When you need help, who can you call?

Murrindindi RESTART 5772 0908

Nexus Primary Health 1300 77 33 52

- Trained counsellors
- Confidential Support Information & Referral

INFORMATION FOR FAMILIES

Parents, siblings, carers, friends — *is someone you care about using drugs or alcohol?*

Family Drug Help 24/7 1300 660 068

- Trained counsellors
- Confidential support
- Information & referral

Family Drug Support 24/7 1300 368 186

- Counselling for families
- Information and referral to support groups

Youth Drugs and Alcohol advice 1800 458 685

- 24/7
- Counselling
- Confidential support

www.yodaa.org.au



**Hume
Health Service
Partnership**

For information in a crisis

When you need help NOW

If life is in danger call

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Crisis support

Lifeline 24/7

13 11 14

You are not alone.



Yea & District
Memorial
Hospital



*A community
response to the
harms of substance use
& addiction*



Ph: 5772 0908

Murrindindi RESTART Program

To make an appointment
call **5772 0908**



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What is RESTART?

RESTART is a free, confidential and professional service which supports individuals and families in the Murrindindi Shire who have been impacted by substance abuse.

Our community-led approach will promote good health and harm minimisation strategies toward drug use, by providing information and care to support individuals, their families and our community through the challenges of substance use and addiction.

Who can RESTART assist?

Anyone in the Murrindindi Shire having problems with or are affected by the issues of substance use.

Who can use this service?

- You;
- A family member or friend;
- Anyone concerned about someone they care about.

How do I get help?

No referral is needed—you can access RESTART in person or by phone, or you may be referred by a GP or other service.

Call **5772 0908** and make an appointment with the RESTART coordinator.

What will happen?

You will meet with the RESTART nurse for an individualised care plan to meet your specific needs.

Where is it held?

Consulting rooms are located at:

Alexandra District Health
12 Cooper St. Alexandra Vic 3714

Yea & District Memorial Hospital
45 Station St. Yea Vic 3717

What services are offered?

- Support and individualised rehabilitation
- Strategies and programs to assist in dealing with life's challenges
- Team approach working together with a shared plan of care
- General enquiries, information or education
- Early intervention

What will it cost?

RESTART is a free service.

What about my privacy?

RESTART is a fully confidential service.

What about families?

Families are provided with some valuable basic tools and resources that aim to increase their knowledge about the substance, cycle of addiction and teach them strategies to assist their loved one work towards treatment goals.

Our approach will promote good health and harm minimisation strategies toward drug use, by offering a range of services to support individuals, families and our community compassionately and comprehensively.



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