

## APPENDIX A - EXTERNAL SUPPORT RESOURCES

A range of community support services and resources related to alcohol and other drugs may be of assistance to employees.

### EMERGENCIES

Call 000 if someone requires emergency assistance.

### ALCOHOL AND OTHER DRUGS SERVICES

#### **Mental Health Commission Alcohol and Drug Support Line**

The Alcohol and Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

- Metropolitan areas: (08) 9442 5000, 24 hours, 7 days a week
- Regional areas: 1800 198 024, 24 hours, 7 days a week.

#### **Community Alcohol and Drug Services**

These services are **free and confidential** and provide individuals and their families with alcohol and other drug treatment and support services in the community.

##### **Metropolitan**

The Metropolitan Community Alcohol and Drug Services (CADS) are provided by Next Step Drug and Alcohol Services in partnership with non-government Alcohol and Other Drug service providers.

- South Metropolitan Community Alcohol and Drug Service
- South East Metropolitan Community Alcohol and Drug Service
- North Metropolitan Community Alcohol and Drug Service
- North East Metropolitan Community Alcohol and Drug Service.

Treatment and support services are also provided by Next Step's East Perth Outpatient services and the Drug and Alcohol Youth Service.

##### **Regional**

- Wheatbelt Community Alcohol and Drug Services
- South West Community Alcohol and Drug Services
- Great Southern Community Alcohol and Drug Services
- Midwest Community Alcohol and Drug Services
- Goldfields Community Alcohol and Drug Services
- Pilbara Community Alcohol and Drug Services
- Kimberley Community Alcohol and Drug Services.

#### **Western Australian Primary Health Alliance**

The Western Australian Primary Health Alliance offers a range of services, including treatment and support services available here.

## ALCOHOL AND OTHER DRUGS RESOURCES

### **The Australian Drug Information Network**

This national [search directory](#) contains information on alcohol, other drugs and mental health, links to treatment services, research, guidelines, journals and professional development.

### **Mental Health Commission**

A range of resources are available about [alcohol](#), including:

- [alcohol and health](#) - short and long term effects of alcohol;
- [Alcohol and community](#) - information about alcohol use statistics and responsible service of alcohol; and
- [Risk assessment tools](#).

A range of resources are available about [drugs](#), including:

- [getting help](#) - how to get help and helping others; and
- [getting the facts](#) - facts and information about illicit drugs, impact of drugs, taking care, expert videos and frequently asked questions.

### **Healthy WA - Western Australian Department of Health**

The [Healthy WA](#) website provides a range of resources about healthy living, health conditions, safety and first aid, and includes an A-Z index of health related topics, including alcohol and other drugs. The index can be accessed [here](#).