

Break O'Day Alcohol and Drug Service

Free service
for residents
of the Break
O'Day
municipality



1800 243 232
anglicare-tas.org.au

Jayden's story



I met the worker from Anglicare after I was cautioned by the police for possession of a cannabis plant. I thought it was going to be a rap over the knuckles and I just went to get it over and done with.

But we talked about more than smoking dope.

We talked about the separation from my long-term partner and about the hassles my step-son was causing. It was full-on and I even cried, but I walked out thankful for the opportunity to dump on someone else. I was treated with respect and I did not feel judged.

I rang that worker the next week and I continued to see her regularly. We talked a lot and she helped me get things sorted out. Sometimes it was just to talk or for information on other local support people. She recommended I see a doctor and the medication I've started on really helps.

I've got a job now and have put the worst behind me.





Other Services

Anglicare Tasmania provides a wide range of other services including:

- East Coast Counselling Service
- Mental health recovery program
- The Way Back Service following suicide attempt or suicidal crisis
- Financial Counselling
- Gambling Support
- East Coast Emergency Relief

For more information visit anglicare-tas.org.au or call us on **1800 243 232** and talk to one of our friendly professional team members.

The Break O'Day Alcohol and Drug Service is supported by the Crown through the Department of Health Tasmania.

The **Break O'Day Alcohol** and Drug Service is a free service for residents of the Break O'Day municipality in Tasmania's North East.

We offer support, counselling and practical help to those experiencing problems related to their own Alcohol and Drug use, or that of someone close to them.

The service is based at the Anglicare office at 56 Cecilia Street, St Helens or in home visits can be arranged.

To access this service you can be referred or we also take self-referrals.

For more information please call Anglicare Tasmania on **1800 243 232**.



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Choice, support and hope

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