



[www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)



The place for drug + alcohol information

**A – Z  
of drugs**



**News and research  
on alcohol and  
other drugs**



**Information  
for families**



**Free resources  
to download  
and order**

**Help and support  
information**  
(telephone or webchat)



# Interactive tools

[www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

Test your  
knowledge  
quiz



Alcohol risk  
assessment



Standard  
drinks pourer  
tool



Your Service  
Hub – find  
treatment  
and support  
near you



For 24/7 information, support and referrals talk to a trained counsellor  
at the **Alcohol & Drug Information Service (ADIS) 1800 250 015**,  
or start a **webchat** (available Mon to Fri, 8.30am to 5pm)