



The place for drug + alcohol information
www.yourroom.health.nsw.gov.au

A - Z OF DRUGS

- Download and order fact sheets
- Find help and support
- Information for parents



INTERACTIVE TOOLS

- Test your knowledge
- Alcohol risk assessment
- Standard drink pouring



To talk to someone call the Alcohol & Drug Information Service ADIS, a 24 hour helpline [9361 8000 \(Sydney\)](tel:93618000) or free call [1800 422 599 \(for NSW regional callers\)](tel:1800422599)





FREE TELEPHONE HEALTH COACHING SERVICE

The NSW Get Healthy Service offers free, personal telephone coaching to help you reduce your alcohol intake.

A qualified health coach will work with you over six months to identify barriers and solutions to achieving your personal goal. The Service offers:

- Support to set your own goals
- Help to stay motivated
- Tools to track your progress
- 10 free coaching calls from a qualified health coach all at a time and day that suits you.



START A HEALTHY DISCUSSION THAT IS ALL ABOUT YOU



Speak to your health care professional for a referral or call 1300 806 258

Monday- Friday 8am-8pm

Visit: www.gethealthynsw.com.au

get healthy
Information & Coaching Service



NSW
GOVERNMENT