

Finding help for alcohol and other drug problems

knowyouroptions.sa.gov.au

Getting help for:

- myself
- a friend or family member
- a patient or client



Government
of South Australia


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Asking for help
was the best thing
I ever did.

”



There are support services available.




There is a range of services available in South Australia for people who experience problems with alcohol and other drugs, which means there are many options for people with differing needs and treatment preferences.

Many of these services are free.



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Would you like to speak to someone now?



1300 13 1340 

Alcohol and Drug Information Service (ADIS) is a confidential telephone counselling, information and referral service.
(Available 8:30am-10pm
7 days for SA callers only)

You can also contact a counsellor online 24/7 by visiting the website.



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