



Alcohol and Drug Outreach for Young People

Windana's Youth Outreach team offers support to young people aged 12-25 years experiencing concerns with alcohol or drugs.

If you drink alcohol or take drugs, we can work with you to make sure you have the support you need.

This can include help to **stay safer** while using (harm reduction), help to **cut back** or to **stop using**. We are a voluntary service here to help you reach your goals.

Our clinicians offer phone support, appointments at the Windana Youth Hub in Moorabbin or outreach support in the community, including at cafes and other public spaces.

"It immediately felt right. Here was a group of people who really cared, who wanted to help and wouldn't give up on me."

- Youth Outreach client



How can a Youth Outreach Worker help me?

Our alcohol and other drug support can include:

- Taking a look at your needs around alcohol, drugs, mental health and more, then creating a support plan
- Counselling
- Education around alcohol and drug use (including harm reduction), treatment and recovery
- Referrals to other services and help to get you connected to these
- Help organising and attending appointments, accessing Centrelink, or help with other practical needs
- Secondary consult where we go to other workers to provide alcohol and other drug insight

- Being an advocate for you when dealing with other services or education, justice and health systems
- Providing your family with information to support you (only if you consent).

Eligibility and referrals

We can provide outreach in the local government areas of Bayside, Frankston, Glen Eira, Greater Dandenong, Kingston, Monash, Port Phillip and Stonnington.

You can refer yourself. Your parents, GP, school support staff or anyone else can also refer you if you consent. email youthreferrals@windana.org.au or call us on **03 9532 0811**.



For more information

<https://windana.org.au/services/youth-alcohol-and-drug-outreach/youthreferrals@windana.org.au> | **03 9532 0811**

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au
This program is supported by the Victorian Government.