

## CONTACT DETAILS

### Northam

4 Elizabeth Place, Northam WA 6401 (PO Box 375)

Tel: (08) 9621 1055 Freecall: 1800 447 172

Fax (08) 9621 1077

Email: [adminnortham@holyoake.org.au](mailto:adminnortham@holyoake.org.au)

Office hours: 8.30am - 4.30pm, Mon to Fri  
4.30pm - 9pm, Thurs (by appointment only)

### Narrogin

New Ambulatory Care Building

Narrogin Hospital, Williams Road, Narrogin, WA 6312

Tel: (08) 9881 1999 Freecall: 1800 447 172

Fax (08) 9881 1966

Email: [adminnortham@holyoake.org.au](mailto:adminnortham@holyoake.org.au)

Office hours: 8.30am - 4.30pm, Mon to Fri

### Merredin

Kitchener Road, Merredin, WA 6415

Co-located with Wheatbelt Mental Health

Tel: (08) 9081 3396 Freecall: 1800 447 172

Fax: (08) 9621 1077

Email: [adminnortham@holyoake.org.au](mailto:adminnortham@holyoake.org.au)

Office hours: 8.30am - 4.30pm, Mon to Fri

## OTHER USEFUL NUMBERS

Alcohol and Drug Support Line Tel: (08) 9442 5000

Country callers only: 1800 198 024

Parent and Family Drug Support Line

Tel: (08) 9442 5050

Country callers only: Tel: 1800 653 203

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

## HOW TO LOCATE US

### NORTHAM



### NARROGIN



### MERREDIN



[www.holyoake.org.au](http://www.holyoake.org.au)



# COMMUNITY ALCOHOL & DRUG SERVICE WHEATBELT

A free comprehensive alcohol and drug service. (08) 9621 1055



Find us on:



COMMUNITY  
ALCOHOL & DRUG  
SERVICE

WHEATBELT

The Holyoake Wheatbelt Community Alcohol and Drug Service (WCADS) aims to reduce alcohol and other drug related harm through counselling and support services for individuals, families and the community.

Our experienced counsellors work closely with each person to ensure they receive maximum benefit in a safe, confidential and caring environment. This includes the opportunity to share experiences without being judged and to gain valuable skills to work through individual challenges.

Our main office is situated in Northam, with branch offices in Narrogin and Merredin. In addition, we operate outreach sites in a number of towns in the Wheatbelt region. These include, but are not limited to, Moora, Gingin, York, Goomalling, Wongan Hills, Brookton, Kellerberrin, Wagin, Southern Cross, Lake Grace, Boddington, Wundowie and surrounding areas.

The Holyoake WCADS acknowledges Aboriginal people as the traditional custodians of Western Australia.



## Our Services

### Counselling and Case Management Support

We offer counselling and support to people who may be experiencing problems with their own or someone else's substance use. Individual counselling is available along with specially designed programs to assist individuals and their families to cope with the consequences of alcohol and other drug use. Our team provides specialised counselling and support for:

- Individuals
- Significant others
- Families
- Youth

### Court Diversion Programs

Specialised Court Diversion Officers attend court in Northam, Narrogin, Merredin and Moora. They support people who may wish to participate in programs such as • Pre-sentence Opportunity Program (POP) • Supervised Treatment Intervention Regime (STIR) • Young Persons Opportunity Program (YPOP) • Alcohol Interlock Scheme

### SMART (Self-Management and Recovery Training) Recovery

This group program assists with any problematic behaviours. Guided by trained peers and professionals, participants come to help themselves and each other using a variety of Cognitive Behaviour Therapy (CBT) and motivational tools and techniques.

### Mindfulness Group

This group offers a practical way to slow down and manage stress and anxiety. Participants will be guided through a number of mindfulness exercises to tune into moment-by-moment awareness of thoughts, feelings, bodily sensations and the environment.

### Men's and Women's Groups

We offer confidential and non-judgemental men's and women's groups to support the journey of individuals experiencing issues arising from alcohol and drug use.

### Referral to other Agencies

Our team may refer clients to other specialised services within the region or outside the Wheatbelt for services such as specialised detoxification units and residential rehabilitation.

