

If you need immediate help call 000

ADDICTION SUPPORT

- **National Alcohol and Other Drugs Hotline:** 1800 250 015 (available 24/7).
- **Family Drug Support (FDS):** 1300 368 186 (available 24/7).
- **Stimulant Treatment Line:** 9361 8088 (Sydney) or 1800 101 188 (outside Sydney) (available 24/7).
- **Opioid Treatment Line (OTL):** 1800 642 428 (Monday to Friday: 9:30am to 5:00pm).
- **Counselling Online (24/7):** counsellingonline.org.au
- **Alcoholics Anonymous Australia:** 1300 222 222 or visit aa.org.au
- **Narcotics Anonymous Australia:** 1300 652 820 or visit na.org.au
- **Quitline:** 13 78 48 or visit quitnow.gov.au
- **Mensline Australia:** 1300 78 99 78 (available 24/7).
- **Kids Helpline:** 1800 55 1800 (available 24/7).
- **Sobriety Apps:** I am Sober, SoberTool, Nomo, etc.