# Getting help

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There are a range of services that can provide you or a family member with health information - physical or mental - on alcohol and support reducing or stopping alcohol and other drug use.

If you currently drink at high levels, **it may be dangerous to reduce or quit alcohol without speaking to your doctor first.** A doctor can review your individual situation and help advise on the best way forward.

You can find a local GP at [healthdirect.gov.au](https://www.healthdirect.gov.au/) or by calling 1800 022 222. You can find a local psychologist by heading to [psychology.org.au/find-a-psychologist](https://psychology.org.au/find-a-psychologist).

More information

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## Alcohol and other drug services

###### Health Direct Australia - Find a local GP and other services

Search health information and find a doctor, counsellor or service in your local area who can provide individual support and advice.

1800 022 222

[healthdirect.gov.au](https://www.healthdirect.gov.au/)

###### National Alcohol and Other Drug Hotline

Free and confidential support around alcohol and other drugs.

1800 250 015

[health.gov.au/contacts/national-alcohol-and-other-drug-hotline](https://www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline)

###### ALCOHOL AND DRUG FOUNDATION

Free, confidential information and advice on reducing harm from alcohol and other drug use, treatment options and support services.

1300 85 85 84

[adf.org.au](https://www.adf.org.au)

###### Sober in the Country

A national, grassroots, rural charity that works to deliver national alcohol awareness via real talk.

[soberinthecountry.org](https://www.soberinthecountry.org/)

###### ALCOHOLICS ANONYMOUS AUSTRALIA

An informal society of more than two million people recovering from alcohol addiction. Members provide each other with strength and hope to solve their common problem and recover together.

1300 222 222

[aa.org.au](https://aa.org.au)

###### Hello Sunday Morning

A community of people who support each other as they face similar challenges in changing the role of alcohol in their lives, including through the Daybreak app with one-on-one counselling with professional health coaches available.

1300 403 196

[hellosundaymorning.org](https://www.hellosundaymorning.org/)

###### SMART RECOVERY AUSTRALIA

Empowers people to help themselves and each other manage addictive behaviours for the improvement of the health and social wellbeing of the community.

[smartrecoveryaustralia.com.au](https://smartrecoveryaustralia.com.au/)

###### TURNING POINT

Provides 24-hour online counselling to people adversely affected by alcohol, other drugs, and gambling.

1800 888 236 (Vic)

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

## Family support

###### FAMILY DRUG SUPPORT

Support for people who are worried about the alcohol and drug use of a family member or loved one.

1300 368 186

[fds.org.au](https://www.fds.org.au/)

###### ALCOHOL. THINK AGAIN

It’s never too early (or too late) to start talking with your child about alcohol and why it’s important they avoid drinking while they are young. You can support your child by setting clear expectations and being prepared for conversations.

[alcoholthinkagain.com.au/alcohol-and-young-people/talking-about-alcohol](https://alcoholthinkagain.com.au/alcohol-and-young-people/talking-about-alcohol)

###### AL-ANON FAMILY GROUPS

Helps families and friends of people who have experienced alcohol addiction recover from the effects of living with someone whose drinking is a problem.

1300 252 666

[al-anon.org.au](https://www.al-anon.org.au/)

###### 1800RESPECT

1800RESPECT provides 24/7 domestic violence and sexual assault counselling and support.

1800 737 732

[1800respect.org.au](https://www.1800respect.org.au/)

## Alcohol and mental health

###### Australian Psychological Society - Find a psychologist

Find a psychologist in your local area who can provide individual support and advice.

[psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist)

###### Lifeline

24 hour crisis support and suicide prevention services.

13 11 14

[lifeline.org.au](https://www.lifeline.org.au/)

###### Suicide Call Back Service

Provides 24/7 counselling to people affected by suicide.

1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

###### Beyond Blue

Information and support to help everyone in Australia achieve their best possible mental health.

1300 22 4636

[beyondblue.org.au](https://www.beyondblue.org.au/)

###### Kids Helpline

Online counselling service for young people aged 5 to 25.

1800 55 1800

[kidshelpline.com.au](http://www.kidshelpline.com.au/)

###### Reach Out

Online mental health organisation for young people and their parents.

[au.reachout.com](https://au.reachout.com/)

## Pregnancy, breastfeeding and FASD information

###### Pregnancy, Birth and Baby

Supporting parents on the journey from pregnancy to preschool. Speak to a maternal child health nurse for personal advice and guidance and discover all about pregnancy, birth, being a parent and raising a child.

1800 882 436

[pregnancybirthbaby.org.au](https://www.pregnancybirthbaby.org.au/)

###### Australian Breastfeeding Association

Australia’s peak body for breastfeeding information and support. Australian Breastfeeding Association also provides information and training to health professionals who work with mothers and babies.

1800 686 268

[breastfeeding.asn.au](https://www.breastfeeding.asn.au/)

###### NOFASD Australia

Promoting the prevention, diagnosis, early intervention, and management of FASD. NOFASD operates the FASD helpline, providing support and resources to individuals, families, pregnant women, and service providers across Australia.

1800 860 613

[nofasd.org.au](https://www.nofasd.org.au/)

###### FASDHUB

Australia’s hub for information and resources about Fetal Alcohol Spectrum Disorder (FASD), alcohol and pregnancy – for health professionals, teachers, justice professionals, researchers, parents and carers.

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

More information



## Need advice or support?

To find a local GP, you can call 1800 022 222 or visit [healthdirect.gov.au](http://healthdirect.gov.au). To find a local psychologist, visit [psychology.org.au/find-a-psychologist](http://psychology.org.au/find-a-psychologist). If you need other support to reduce your drinking, you can contact the National Alcohol and Other Drug Hotline on 1800 250 015.

## Join our community

Will you join the community taking action on alcohol?