

# Alcohol and Other Drugs



At headspace Frankston we can help support with any alcohol and other drugs issues. Call us on 9770 5622 for more information.



## YSAS Services

YSAS has many drug and alcohol support services for people aged 12 - 25; this includes outreach, residential withdrawal units, Bunjilwarra, specialist programs and connections to other drug and alcohol support services in the Mornington Peninsula area.



## Outreach Support

Running out of Frankston and Rosebud, outreach support is flexible to make sure the kind of help you get is matched to what you need. YSAS workers can come to meet you in your own safe space or in community.

Types of support include:

- Assessing your needs and making a support plan
- Referrals and links to services
- Family support
- Information and education
- General counselling

## Bunjilwarra Koori Youth Alcohol & Drug Healing Service

Bunjilwarra is a purpose-built 12 bed residential rehabilitation and healing service for young Aboriginal people, both male and female, aged 16 – 25. The service is accessible state wide and run by Victorian Aboriginal Health Service (VAHS) and YSAS.

The program has activities such as individual and group therapy, recreational activities and education and training opportunities. These activities help develop life skills, strengthen cultural identity and increase physical, emotional and spiritual wellbeing.



## YoDAA

YoDAA is an information, advice and support phone and online based service, aiming to provide people with up to date evidence based information about alcohol and other drugs.

For more information, head to <https://ydir.com.au/resources/>

