



Windana Adult Residential Detox

A seven-to-ten-day residential withdrawal (detox) program in St Kilda, our program offers a safe, comfortable place for you to stay while withdrawing from alcohol and other drugs.

Our caring team includes nurses, Alcohol and Other Drug Clinicians and other practitioners. Each staff member brings a personal touch to make you feel at home during your stay. The program we offer is holistic, evidence-based and tailored to your unique situation.

“A therapeutic withdrawal where you can get the support you need from a program designed to set you free. When I walked through the doors of Windana, I felt my days of addiction were over.”

- Detox client





What happens in the program?

During your stay, we'll provide:

- A safe, supportive, homelike space to withdraw
- Time to rest and adjust before taking part in activities
- Support from our nurse and local doctor
- Sessions with your Case Worker for support and treatment planning
- Group sessions in Art Therapy, healthy eating and meditation
- Education groups in harm reduction, relapse prevention and stress management
- Light daily exercise and recreation.

Before you leave, we will work with you to set goals for continuing your recovery and help you link in with support services.

Eligibility and referral

Our program is for people 18 years and older, who are able to stay in a shared space (including share bedrooms), and comfortable participating in groups and activities.

Referrals are via DirectLine, on **1800 888 236**, available 24/7.



For more information

windana.org.au/services/adult-detox-at-windana/
windana@windana.org.au | **03 9529 7955**

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.