



Alcohol and Other Drug Counselling

At Windana we believe people can rebuild their lives. Whatever your story, a counselling session is your private space to talk and work towards positive outcomes.

Counselling at Windana involves meeting with one of our experienced counsellors, talking through what's going on in your life and working together on ways to create change.

We provide counselling in the Bayside, Frankston-Mornington Peninsula and South East Melbourne regions.

Counselling is **free**.

Our counsellors are qualified professionals who specialise in working with people experiencing alcohol or other drug issues, and their families. We are here to support without judgement.



Referral process

Counselling at Windana is available if you are aged 18 years or older and are concerned about your alcohol or other drug use.

Our counselling service is also suitable if you've been directed by a court to seek counselling for alcohol or other drugs.

To access the program, you need to call your local Intake and Assessment service.

What's involved?

When you come to your first appointment with us, a counsellor will spend some time getting to know about you and your life.

As you progress, your counsellor will listen to your concerns and help you to identify opportunities for change. A key part of this is supporting you to make choices based on your own values and preferred way of relating to others.

Your counsellor will regularly check with you to see if the sessions are meeting your needs and moving you towards your identified goals. Most people see their counsellor for multiple sessions.

Intake and Assessment services

Bayside (local government areas of Port Phillip, Stonnington, Glen Eira, Bayside and Kingston): BayAODS, **1800 229 263**

Frankston and Mornington Peninsula: FaMDAS, **1300 665 781**

South East (local government areas of Greater Dandenong, Casey and Cardinia): SECADA, **1800 142 536**

If you are outside of these areas, call **DirectLine** on **1800 888 236**, available 24/7.



For more information

<https://windana.org.au/services/counselling/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.