

Detox at home

Detox **at home** with nursing support through our non-residential withdrawal service.

Working with your GP, a Windana nurse can help you withdraw from alcohol and other drugs in your home or another suitable space.

We'll collaborate with you to identify your goals and develop a personalised treatment plan.

Detox lasts about one to two weeks, and we provide regular support.

After detox we can refer you to further support services and provide education to help you continue your recovery.

“I was treated with kindness, patience and empathy. I did not feel judged at all and felt completely comfortable. My nurse was wonderful at providing information and referring me for extra supports.”

- Detox at home client



What you can expect

Before detox we'll make sure you have the necessary supports in place, including a supportive GP who can also help you after, and a pharmacy you can get to easily.

During detox we'll provide support based on your individual goals. On a typical day, you might have a session with your nurse, practice some strategies to help manage how you're feeling and go to the pharmacy to pick up any daily medications. You'll also see your GP for review.

After detox we can help you identify and access any other supports that can help you, including medical, alcohol and other drug counselling or rehabilitation, mental health, family services and more. We'll also talk with you about diet and lifestyle to help you make healthy choices.

Eligibility and referral

You can start the referral process by calling **DirectLine** on **1800 888 236** (available 24/7) or visiting **www.directline.org.au**. When you speak to DirectLine, they will get to know you better and help identify your individual treatment needs. You can mention you are interested in a non-residential withdrawal program.

If you live in the local government areas of **Frankston, Mornington Peninsula, Greater Dandenong, Casey** or **Cardinia**, you can also speak to **your GP** about referral. GP referrals can be sent to:

- **windana@windana.org.au**
(Frankston and Mornington Peninsula)
- **secada@windana.org.au**
(Greater Dandenong, Casey and Cardinia)



For more information

windana.org.au/services/detox-at-home/
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.