

Counselling for Alcohol & Other Drugs

Hello from the Counselling team at Windana. In this leaflet we'll tell you a bit about the service we offer, and how you can start seeing one of our counsellors.

What is counselling?

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 positive change. Most people see their counsellor for multiple sessions.

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

We're located at **88 Alma Road, St Kilda** (corner of Chapel Street). Counselling is also available via Telehealth (phone or video call). Sessions are free.



Who are the counsellors?

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.



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 ways of relating to others.

Your counsellor can also talk to you about other Windana programs and services that may help, including:

- Residential Withdrawal and Rehabilitation
- Peer Support
- Health and Healing (acupuncture, massage, naturopathy, osteopathy and yoga).

We can also give you information on and referral to housing, family, legal, mental health and employment services.

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



Is Windana counselling for me?

Counselling at Windana is available if you are aged 16 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.

Where do I start?

Contact DirectLine on **1800 888 236** (available 24/7), or visit www.directline.org.au. DirectLine will put you in touch with the local Intake and Assessment service that looks after the area you live in.

When you call your local Intake and Assessment service, they will get to know you better and help identify your individual treatment needs.

This is when you will get referred to the actual treatment programs or services. You can tell them that you wish to be referred to Counselling at Windana.

For more information on the process, you can also call Windana Monday to Friday, 9am-5pm on **03 9529 7955**.

If you need to talk to someone right now, DirectLine offers 24/7 crisis support on **1800 888 236**.

Contact Us
Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238
T. 03 9529 7955
F. 03 9521 3581
E. feedback@windana.org.au
windana.org.au

A few words from Windana

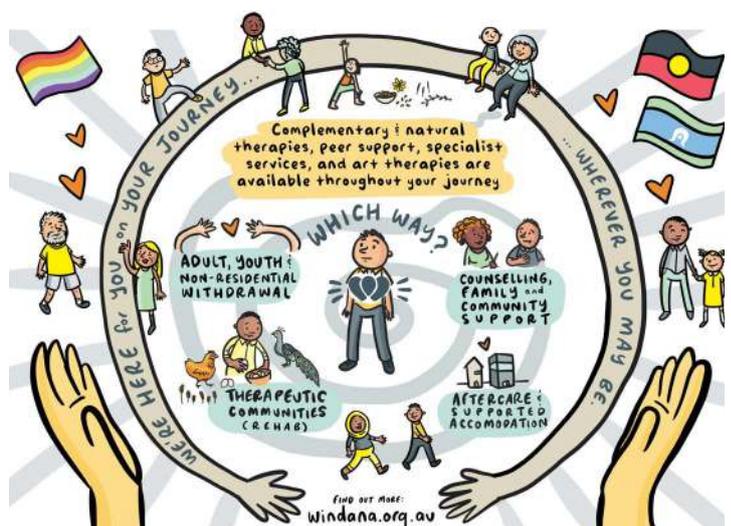
Below are some short messages from our Counselling team, who aim to create a space where you feel comfortable to talk openly.

"We welcome you on your recovery journey, one of hope, opportunity and acceptance. We will walk along side you, without judgement, as you experience improved health, wellbeing and reconnection."

- Program Manager at Windana

"When I start work with clients, I often say I aim to help them do more things they want to do - and less things they don't."

- Counsellor at Windana



This illustration shows an overview of Windana's programs and services, of which Counselling is a part.

We're an organisation that helps people recover from alcohol and other drugs. We believe people can rebuild their lives, and have worked with thousands of people since 1984.

Windana acknowledges the traditional land owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.

Art on front is called *Murray River Dreaming* and has been used with permission from the artist. Other photos are of our Community Services building.