



ResetLife for Young People

**Do you struggle with alcohol
and other drugs?**

ResetLife Youth is a **free** program for young people aged 11-25 in South East Melbourne, who are experiencing challenges with drinking and drugs.

ResetLife Youth is available in:

- **Moorabbin** - At our Youth Hub, Shop 1, 4-6 Station Street
- **Frankston** - 31 Playne Street.

“ResetLife is a great place for me to educate myself on drug addiction... The sense of community is amazing for me to have that new step in my life in recovery.”

- ResetLife Youth participant



How does ResetLife Youth work?

For 16 weeks, three times per week, you'll attend groups to help you grow in three main areas:

- Early recovery skills
- Relapse prevention
- Addiction education.

You'll also have individual counselling, and can participate in family/support person joint sessions.

We also offer optional education for your family/support person.

What happens after the 16 weeks?

By completing the 16-week intensive program, you'll graduate and have access to 36 weeks of continuing care, getting the support you need to stay free from drug and alcohol harms and stick to your goals.

How can I join?

You can join ResetLife Youth at any time. You can contact us directly (self-refer), or you can be referred by a family member, a GP or other health professional (always with your consent).



For more information

windana.org.au/services/resetlife-youth
resetlife@windana.org.au | **03 9532 0811**

Alcohol and other drug counselling and referrals are also available 24/7 by calling DirectLine on **1800 888 236** or visiting directline.org.au.