



# Alcohol Tobacco and Other Drugs Service Youth Team

## Who we are

Our team supports young people up to the age of 24 years (and their families) who are worried about their alcohol and/or drug use.

## What we do

- We work with you in a way that suits you
- We support you to reach your goals
- We can meet you in a comfortable place or help you with transport.

## How can we support you

- Talk with you about your alcohol and/or drug use
- Work with you to reduce the risks and harms related to your alcohol and drug use
- Provide psycho-education so you can make your own informed choices
- Support you over time, based on your goals (eg: cutting down, planning for triggers, or preventing relapse).

## Cultural support

Our team has an Aboriginal and Torres Strait Islander Health Worker who can support you during your care.

### The Health Worker can:

- attend your appointments to help explain things in a way that works for you
- help you connect with and learn more about your culture
- provide you with culturally safe care.

## How to access our service

If you would like to talk to someone in our team you can attend our service at:

### North Ward Health Campus

35 Gregory Street, North Ward

Monday to Thursday

9.00am - 11.00am and 1.00pm - 3.00pm

Friday from 9.00am - 11.00am

or

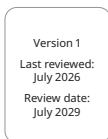
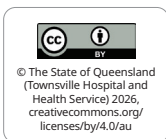
You can ask for a referral from your doctor, school-based nurse or support worker (school/other service)

## Outside of hours support

### Alcohol and Drug Information Service (ADIS)

1800 177 833

24/7 free and confidential support



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