

Detox, Rehab and COVID-19

What is COVID 19?

COVID-19 is a new strain of Coronavirus. It has spread all over the world and can cause serious illness, especially for people living with a chronic health condition.

What is detox?

Detox is the first step to removing drugs and/or alcohol from your body. It is important that detox is supervised so that a trained medical professional can help manage withdrawal symptoms.

How does COVID-19 affect detox?

Most detox services are still open. If you are unsure of whether your local detox service is open, give them a call. You can also contact your caseworker or local hospital.

Hospitals may also be able to offer detox to you.

During COVID-19 it is required that before entering a detox facility, a bed within a residential rehab is available for you.

How long do I have to detox for?

Programs can last for as long as needed, but most will be for around 7-10 days.

For more information, call the Alcohol and Drug Information Service (ADIS) NSW: **1800 250 015**

How do I get into rehab?

Call the rehab that you have chosen to go to, and have a yarn with the Intake Officer. The Intake Officer will assess your situation, and let you know if you are able to attend the rehab. You must complete detox before attending rehab.

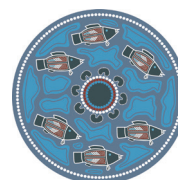
How does COVID-19 affect me going to rehab?

Due to COVID-19, you will be required to self-isolate for 7 days on your arrival at the residential rehab.

Residential rehabs are an essential service and will continue to operate. However, social distancing measures will be in place to protect your health.

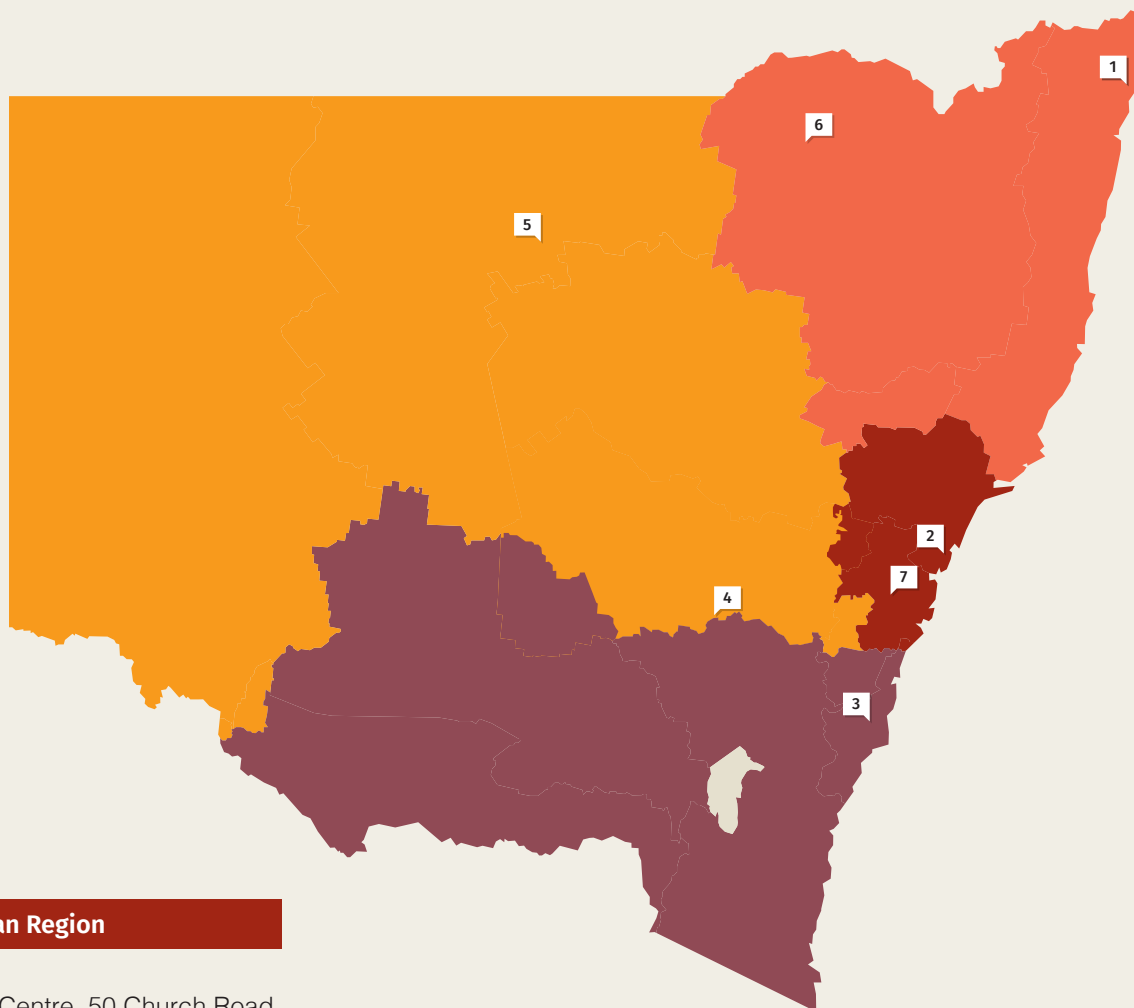


Aboriginal
Health & Medical
Research Council
of NSW



Aboriginal
Drug & Alcohol
Residential Rehab
Network

Where is my nearest Aboriginal Community Controlled Residential Rehabilitation Centre?



Metropolitan Region

2 The Glen

The Glen Centre, 50 Church Road,
Chittaway Point NSW 2259

T (02) 4388 6360

theglencentre.org.au

7 Marrin Weejali Aboriginal Corporation

79-81 Jersey Road,
Blackett NSW 2770

T (02) 9628 3031

marrinweejali.org.au

Southern Region

3 Oolong Aboriginal Co-Operation Inc.

11 Junction Street,
Nowra NSW 2541

T (02) 4422 0644

oolonghouse.org.au/main_oolong.html

Western Region

4 Weigelli Centre Aboriginal Corporation

1474 Pine Mount Road,
Woodstock NSW 2793

T (02) 6345 1868

weigelli.com.au

5 Orana Haven Aboriginal Corporation Drug & Alcohol Rehabilitation Centre

LOT 1 Gongolgon Byrock Road,
Gongolgon NSW 2839

T (02) 6874 4983

oranahaven.com.au/OranaHaven/Home.htm

Northern Region

1 Namatjira Haven Drug & Alcohol Healing Centre

108 Whites Lane,
Alstonville NSW 2477

T (02) 6628 1098

namatjirahaven.com.au

6 Mayuu Mali

180 Greenbah Road,
Moree NSW, 2400

T (02) 6752 5036

marrs.org.au



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