

How to contact Karralika Programs

(02) 6185 1300 or 1800 152 772

Located at: Ground Floor,
2 Napier Close, Deakin. ACT 2600

Hours of service:

MONDAY TO FRIDAY

9am to 5pm

(except public holidays)

Our outreach services cover all of the ACT.



This program is
funded by the Capital
Health Network

Protecting Your Privacy

Karralika Programs is committed to protecting your privacy. We will keep your personal information secure and disclose information about you only when required by law.

We comply with relevant information and privacy legislation. If you would like more information, please ask a staff member or visit our website.

www.karralika.org.au



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service.

Interpreter services are provided free of charge. Ask staff to check if this information is available in your preferred language.

2 Napier Close, Deakin. ACT 2600

Phone: (02) 6185 1300 or 1800 152 772

Fax: (02) 6169 3200

Email: info@karralika.org.au
Website: www.karralika.org.au

ROAD TO RECOVERY



Karralika Programs Non-Residential Withdrawal Program Information



Karralika Programs acknowledges that we are on the lands of the traditional custodians, the Ngunnawal people. We pay respect to their Elders and leaders past, present and emerging and we are committed to improving the health and well-being of all Aboriginal and Torres Strait Islander people. We strive to make sure all people from all diverse backgrounds feel welcome and supported in our programs.

Karralika Programs Non-Residential Withdrawal Program Information

OUR SERVICE

We support people to safely cease or reduce drugs and/or alcohol in the comfort of their own home.

By reducing or ceasing regular drug and alcohol use we aim to restore people's health and wellbeing in the short-term, so they can commence their residential or day rehabilitation program.

We work closely with other community alcohol and drug services to safely withdraw people from drugs and/or alcohol. This may be with the residential withdrawal service at Canberra hospital.

As part of the program, with your permission, we will work with your General Practitioner, pharmacist, support person and other service providers so your withdrawal can occur as safely and comfortably as possible.

THE SERVICE

The Non-Residential Withdrawal Nurse will provide daily support initially with this gradually reducing as your withdrawal symptoms also reduce.

The Nurse can provide support in your own home (if safe), or an agreed environment that is safe and easily accessible. For example, a community health centre.

Support can be provided in person, via the telephone or secure web-based contact.

The Nurse can provide information and education to both you and your support person(s) regarding expected withdrawal signs and symptoms, strategies to assist, medication regimes and when to initiate further support.

ELIGIBILITY

Living in the ACT.

18 years old and over.

You experience mild to moderate withdrawals when you cease or reduce drugs and/or alcohol.

You have been accepted into a residential or day rehabilitation program and need a withdrawal program beforehand.

You have a safe place to withdraw from or reduce your drug use and a clean and sober support person(s) who can be around to assist you.