



# Worried about your alcohol or drug use?

**We're here  
to help**

**Talk to someone you can trust. Anonymously.**

It's difficult to reach out for help. We provide a safe and confidential space for people to talk about their concerns, receive information and explore options.

**adis is available 24 hours, 7 days a week.**

Call us on **1800 177 833** (free call), or scan the QR code to visit our website.



**adis**

**24/7  
ALCOHOL  
AND DRUG  
SUPPORT**

[adis.health.qld.gov.au](https://adis.health.qld.gov.au)

**1800 177 833**  
(free call)

