

# Your Call

A free, confidential, three-session telephone counselling program

## ➤ What is Your Call?

Your Call is a free, confidential, three-session telephone counselling program that is delivered by Adis 24/7 Alcohol and Drug Support.

Your Call is available to Queenslanders who want to make changes to their alcohol or drug use and are not already participating in alcohol or drug treatment.

Your Call is for people who

- Are motivated to make changes to their alcohol or drug use
- Would benefit from brief support
- Prefer phone support
- Do not require medical support (counsellors can assist you and discuss alternative options if this is required)

**Please note:** People who have current complex mental health concerns i.e. psychosis, high distress, or who do not have the capacity to understand and engage in a telephone session may not be suitable for the program.

## ➤ How can Your Call assist me?

- Gaining a better understanding of your alcohol or drug use
- Clarifying goals or changes you'd like to make
- Developing skills and strategies to help you cope with challenges
- Developing a relapse prevention plan
- Supporting your self-care

## ➤ What do Your Call sessions focus on?

Your Call is tailored to you. This means that the sessions will focus on your goals, needs and challenges. This could be stopping, reducing, or using more safely, to lower the risk of alcohol and drug related harms.

Typically, the sessions focus on:

Session 1: Understanding substance use cycles and exploring goals

Session 2: Craving management and coping skills

Session 3: Decision making and relapse prevention

## ➤ How does it work?

Each week an Adis counsellor will call you to check in on how you are going with taking steps to achieve your goals.

Don't worry if you have slipped up or haven't made as much progress as you would like. Adis counsellors are there to help. Adis counsellors will treat you with respect and won't judge you.

Appointments are approximately 45 minutes in length. We understand that life gets busy. That's why we offer appointments 7 days a week.

## ➤ How do I register?

To register for the Your Call program call Adis 24/7 Alcohol and Drug Support on 1800 177 833.

To make sure it's the right program for you an Adis counsellor will ask questions about your alcohol or drug use, mental health, and other social factors.

## ➤ What other type of support is available to me?

The Adis counsellor will talk with you about your needs and goals. This may include a referral and there are a range of specialist alcohol and other drug support options available in Queensland. Adis counsellors can help identify suitable options and services to meet your needs at a location convenient to you.

Adis can also provide free, anonymous, and confidential support for people in Queensland with alcohol and other drug concerns, their families and health professionals.

You can also access information and support on our website at <http://adis.health.qld.gov.au>

**Talk to us. Anytime, anywhere.  
1800 177 833**



**adis**

24/7  
ALCOHOL  
AND DRUG  
SUPPORT

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

1800 177 833  
(free call)

