



Help for people impacted by alcohol, drugs or gambling

If you have an emergency call 000 or
if you are distressed call Lifeline on 13 11 14

Other 24/7 crisis lines are:

Alcohol Drug Information Service (ADIS) NSW 1800 250 015

Family Drug Support 1300 368 186

Gambling Help NSW 1800 858 858

Connect with counsellors if you're concerned about someone else's use of alcohol, drugs or gambling; or if you're concerned about your own gambling.

Families supporting someone who is using alcohol or drugs:

Counselling and group sessions for people living with someone who is using alcohol or drugs.

Children coping with substance use in their family:

Groups that help build resilience in children living in a family where there are concerns about alcohol or drug use.

Young people using alcohol or drugs:

Individual or group counselling.

People who are impacted by gambling:

Individual counselling available for people over 16 years seeking advice for gambling concerns.

Privacy Policy and Data Collection Notice

CCareline is here to help Sydney families with relationships, parenting, ageing, disabilities, addictions and mental health concerns.

✉ connect@catholiccare.org

🕒 8am - 8pm Monday - Friday

For help finding help, call

 **CCareline 13 18 19**