

# DirectLine

**1800 888 236** 24 HOURS  
7 DAYS  
CONFIDENTIAL ALCOHOL AND DRUG COUNSELLING AND REFERRAL  
BY PHONE OR ONLINE

[www.directline.org.au](http://www.directline.org.au)



If you are concerned about your own drinking or drug use or concerned about a family member or friend, contact DirectLine for assistance.

**CONFIDENTIAL** | **IMMEDIATE** | **24 HRS, 7 DAYS**

