



# Alcohol and Other Drugs Peer Support

## **DUE TO COVID-19 RESTRICTIONS:**

**Peer Support sessions will be on offer via individual confidential telephone sessions. During this time there may be longer timeframes to access some external services. Banyule Community Health AOD Peer Support does not have an access waitlist.**

Peer support aims to build authentic and real connections within individual sessions.

Peer Support workers have lived experience of harmful alcohol and drug use, recovery and they also have skills learned in formal training. Peer support offers an understanding, non-judgemental space to provide support to others who currently have or have had some difficulties with substance use.

Peer Support offers the space to openly share experiences around substance use and/or recovery that you have lived through without judgement.

### **What opportunities can Peer Support offer?**

- Information and help linking in with other services and support groups offered within Banyule Community Health.
- Information and assistance linking in with external support services, groups and programs. Such as Detox Centres, Rehabilitation Services, Recovery Programs.
- Can provide information on harm minimisation and/or harm reduction along with education around substances and their effects.
  - Can assist with letters of support for ongoing and regular attendance of Individual Peer Support and/or Peer Support Group.
  - Can assist with filling out forms, attending appointments with you for support.
- Link into services such as Emergency Relief, Legal Help, Housing, Family Violence, Finances and more.

### **For more information please contact:**

Banyule AOD Peer Support Office

Phone: (03) 9450 2643

Email: [aodpeersupport@bchs.org.au](mailto:aodpeersupport@bchs.org.au)



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