



**QUICK
GUIDE**

DRUG / ALCOHOL ISSUES

Help for adults & teenagers with drug and alcohol issues

Outreach: INTRA 02 6687 2835

Non-residential day program: CORE 0477 016 030

DRUG / ALCOHOL & MENTAL HEALTH ISSUES

Help for people with both substance abuse and mental health issues

b.well: 02 6687 1658

PROBLEM GAMBLING

Help for problem gamblers:

The Northern Rivers Gambling Counselling Service (NRGCS)

NRGCS: 02 6687 2520

YOUTH: ALCOHOL / DRUGS

Help for **young people**12-24, through the Youth Alcohol & Other Drugs Program.

Grafton/Maclean 0402 662 538 Lismore/Casino 6687 1111

Bellingen/Nambucca 0423 392 387

HELP FOR FAMILIES

FREE Family Counselling for family members of people in contact with The Buttery's programs

Contact: 02 6687 1111

PARTNERS IN RECOVERY

Help for people who may have long-term mental health issues (conducted in partnership with Mission Australia)

Contact: 02 6687 1111

REHABILITATION

RESIDENTIAL PROGRAMS AT THE BUTTERY: 02 6687 1111

DAY PROGRAM (CORE): 0477 016 030

PRIVATE: THE BUTTERY PRIVATE 1300 851 695