



# YOUTH ALCOHOL & OTHER DRUG (AOD)

## Brief Intervention Service

- Confidential information advice and support about healthy lifestyle
- Practical strategies for managing, reducing or quitting
- Up to four meetings to help identify issues which may be affecting your wellbeing and goals
- Referral and liaison to other health and social service agencies

**FREE for anyone under 20**

1 in 5 New Zealanders will have substance issues by age 25

## **CONFIDENTIAL**

**This is a confidential service.  
Your information will not be disclosed to  
anyone without your informed consent.**

## **USEFUL INFORMATION**

**Alcohol Drug Helpline**

**Call: 0800 787 797**

**Text: 8681**

**[www.drugfoundation.org.nz](http://www.drugfoundation.org.nz)**

**[www.drughelp.org.nz](http://www.drughelp.org.nz)**

**[www.pothelp.org.nz](http://www.pothelp.org.nz)**

**[www.alcohol.org.nz](http://www.alcohol.org.nz)**

## **CONTACT DETAILS**

**Nelson Bays Primary Health**

**281 Queen Street, Richmond**

**(we can make arrangements to meet near you)**

**Phone direct: 03 539 1170**

**Mobile: 021 028 18030**



**Nelson Bays Primary Health**  
Hauora Matua ki Te Tai Aorere