

Counselling process

1. At the first appointment, we assess your current wellbeing, discuss immediate stresses or issues, and then work with you to identify the personal goals you wish to reach through the program.
2. A personal assessment is carried out with your Life Without Barriers Counsellor making external referrals where appropriate.
3. The initial assessment information is used to identify goals, develop a Treatment Plan and track progress.
4. At approximately halfway through the program, you and your counsellor review the treatment plan, to highlight and celebrate your achievements, set new goals for the remaining sessions, and/or adjust goals based on what positive changes have been made.
5. Planning the end of the counselling sessions is based around achievement of your treatment goals.

We'd like to hear from you

For more information on our services and locations call 08 8193 9400, email AOD.Counsellor@lwb.org.au or visit www.lwb.org.au

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Hearing or speech impaired? You can contact Life Without Barriers via the National Relay Service on TTY: 133677 SSR: 1300 555 72

www.lwb.org.au

Outpatient

Alcohol and Other Drugs
Counselling Service

This Alcohol and Other Drugs
Counselling Service is funded
by SA Health.



LIFE WITHOUT BARRIERS

Life Without Barriers' Drug and Alcohol Counselling Service provides one-on-one individualised counselling and group sessions to people with identifiable alcohol and/or other drugs dependency.

Individuals accessing the service can either refer themselves; get referred by their GP, Health Services, Mental Health Services, Police, Alcohol & Drug Information Service (ADIS), Disability Service and other Community Organisations.

Life Without Barriers offers the Drug and Alcohol Counselling services in targeted country and metropolitan regions of South Australia and also connect clients in this program to other agencies and organisations that can provide further assistance.



The Life Without Barriers approach

We see people as individuals who have unique needs and tailor our services to meet their needs by adopting a client centred approach.

We adopt a harm-minimisation framework in the Alcohol and Other Drug programs, supporting our clients to identify and achieve their identified treatment goals.

Our goal is to help each person see their personal strengths and use these to achieve long lasting changes in their lives.

Our services are designed and delivered in ways that are inclusive, appropriate and respectful to all people.

Drug and Alcohol Counselling Service

- Counselling is voluntary.
- Counselling sessions are held at our local offices and will operate within normal business hours – telephone and online support sessions will be available where significant barriers to accessing office based appointments exist.
- Services intervene at the earliest possible point of crisis to minimise ongoing dependency on services.
- Life Without Barriers collaborates with other agencies, ensuring a comprehensive and holistic approach in meeting the client's needs, safety and recognising/ addressing the needs of the client's children where applicable.
- Where there is a wait list we will work with the individual to remain connected and engaged.
- Group sessions utilise a recovery methodology which provides relapse prevention strategies through education and group activities.