Contact us by

- Phoning **0800 845 1818** to make an appointment
- Getting a referral from your doctor or other health professional.

Or attend a CADS walk-in clinic between 10am and 1pm at

CADS Central
1st level, 409 New North Road, Kingsland

CADS North
44 Taharoto Road, Takapuna

CADS South
7 Ronwood Avenue, Manukau (entrance via Sharkey Street)

CADS West
1 Trading Place, Henderson

Additional clinics are provided in community locations from Wellsford to Mercer. **Phone 0800 845 1818 to find the CADS clinic closest to you.**

Community Alcohol and Drug Services

CADS offer free services to anybody in the Auckland region with an alcohol or drug-related question, issue or problem.*

CADS can help you reduce the harms caused by alcohol and drug use.

For information advice or help for yourself or someone else:

- **call us on 0800 845 1818**
- **look at www.cads.org.nz**
- **or drop in to one of our CADS units**

*Eligibility criteria apply

Hours

9am - 4.30pm Monday - Friday
Please note: Some groups are available after hours

Walk-in clinic
10am - 1pm Monday - Friday
(no appointment necessary)

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Te Whatu Ora
Health New Zealand
Waitematā

CADS
COMMUNITY
ALCOHOL & DRUG
SERVICES
Te Wai Awhina
Rongoatia O Tamaki

When you're ready!

When you're ready to talk about your alcohol and other drug use, or you're concerned about someone else, CADS is here to help.

call 0800 845 1818
www.cads.org.nz

Better care for everyone affected by alcohol and other drugs

Changing the way you drink or use drugs can be really difficult. Whether you're concerned about your own or someone else's use of alcohol and other drugs CADS can help you assess the situation and look at ways to make a change.

When you come to CADS a counsellor or nurse will

- ask you some questions
- find out what you would like from CADS
- offer you some options
- answer your questions

With their support you can then develop a plan on what to do next. This could include

- taking part in a group
- attending counselling
- reading some material
- accessing one of our specialist services.

You will receive information about the service and other supports available to you. With free, professional, discreet support CADS can help you make the changes you want.

"Coming to group has been the highlight of some difficult weeks. I've learned a lot and realise I'm really not alone in this"

Family whānau and friends

We can also help if you are worried about someone else's alcohol or drug use. We offer groups and individual counselling for family and friends.

You can share and learn with others about dependency, substances, boundaries and useful coping strategies.

We also encourage all clients to involve family whānau friends in their treatment. You are welcome to bring someone to support you when you first come to CADS.

"My husband and I now have a much better understanding of what our son has been going through"

What can we tell you?

You may be concerned about confidentiality. We take special care to protect the health information given to us.

Brochures about your health information are freely available in CADS reception areas and from your clinician.

"I was made to feel like I was not just another person walking through the door"

Community Alcohol and Drug Services include

- **Altered High (youth)**
- **Asian focus**
- **Auckland Opioid Treatment Service (AOTS)**
- **CADS counselling and groups**
- **CADS Abstinence Programme**
- **Dual Diagnosis**
- **Auckland Managed Withdrawal Services: in-patient and community**
- **Pregnancy and Parental Service**
- **Rainbow focus**
- **Te Ātea Marino (Māori)**
- **Tuþu (Pacific)**

To access any of these services or to find out which is right for you phone 0800 845 1818

"The skills I learned greatly improved my life and my relationships"