

Break O'Day Alcohol and Drug Service

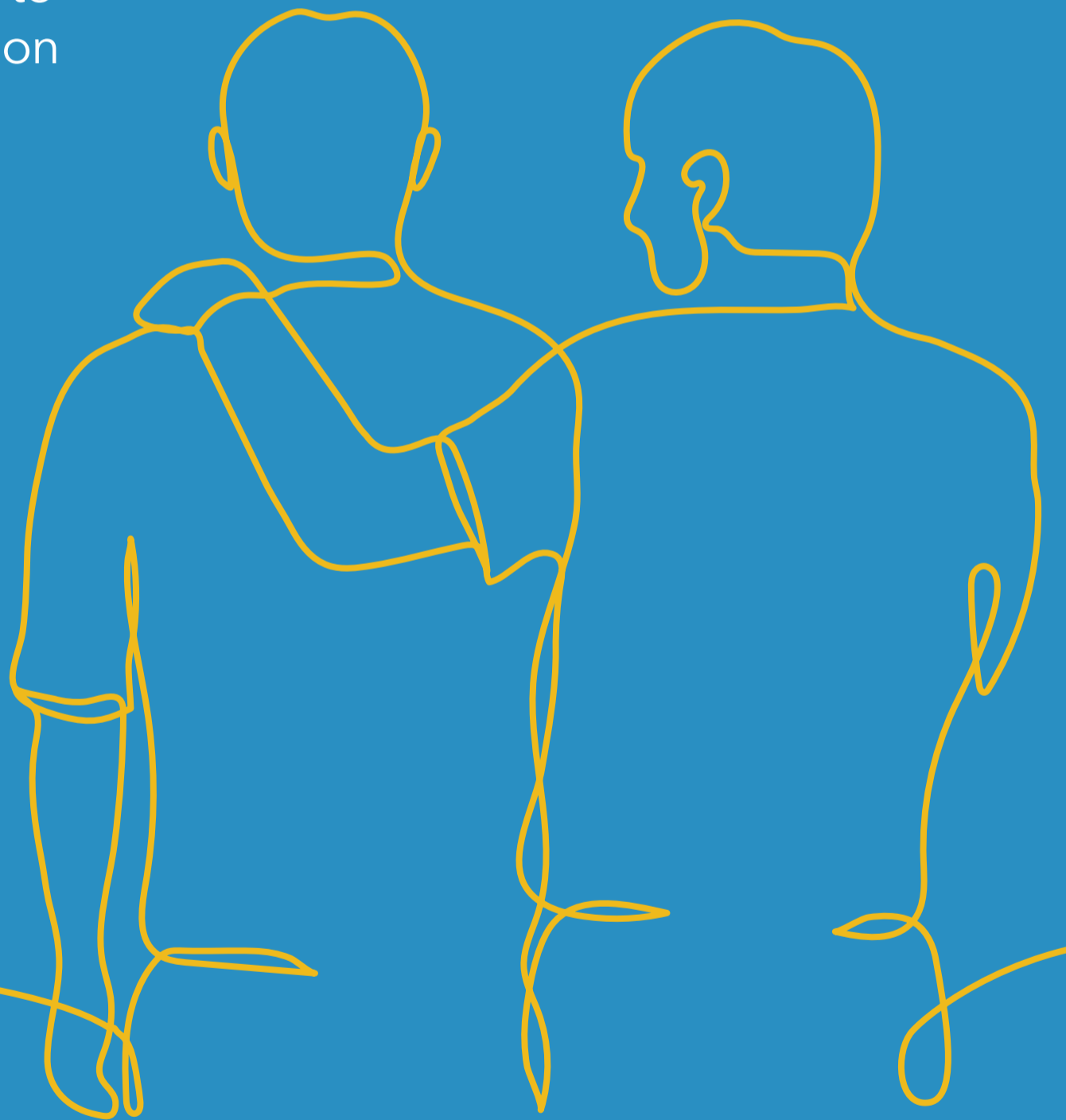
1800 161 266

When habits become harmful, life can get tough.

If you're over the age of 16, you can speak with our **Health & Wellbeing Practitioner** to get answers to your questions and advice on practical 'next steps'.

Visit us at the **St Helens Neighbourhood House** every **Tuesday** and the **Fingal Neighbourhood House** every **Wednesday** between **1.00 - 3.00pm**

Our service is **voluntary, confidential and free**



1800 243 232
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