



Recovery Support Service



Recovery Support Service (RSS)

Who are we?

RSS is a peer based residential supported accommodation service. We offer support to young people aged 16-25 experiencing complex and co-occurring needs related to their use of alcohol and other drugs.

For example:

- mental & emotional health
- homelessness
- legal issues

What we do:

At RSS we offer physical, mental and emotional support to all participants. We provide a homelike, safe and supportive living environment and a community where we create authentic recovery opportunities.

Where to from here?

If you're interested, call us! We will work together to explore what it is you are looking for and how we can be helpful.

Contact us

Tel: 03 9573 1759
Fax: 03 9571 8096
Email: rss@sharc.org.au
www.sharc.org.au

Your help is needed...

At SHARC, where Family Drug Help, APSU and Recovery Support Services do their great work, we need your help. We invite you to support us by donating in one of three ways...

You can visit our website at www.sharc.org.au for our direct donation facility, or participate in our "buy a brick campaign" for donations of \$100 or more; or simply send a cheque or money order to:

SHARC Inc.
140 Grange Road,
Carnegie VIC 3163

Please update your details and/or join our mailing list:

Name:

Address:

Phone: ()**Mob:**

Email:

Website:

*SHARC is a not-for-profit organisation.
All donations to SHARC of \$2 or more are tax deductible.

Contact us

Tel: 03 9573 1700
Fax: 03 9572 3498
Email: info@sharc.org.au
www.sharc.org.au

Self Help Addiction Resource Centre



About us

Self Help Addiction Resource Centre

Our mission

To provide opportunities for individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives.

Self Help Addiction Resource Centre (SHARC) is a Victorian community based, not for profit organisation, incorporated since 1997.

SHARC provides housing, education, advocacy and family support to members of our community who have been impacted by the effects of alcohol and drug use. In some cases this is co-occurring with mental health and SHARC also provides support in this area.

SHARC works with families, individuals and youth through a peer support model.

Our team consists of people with the combination of lived experience and professional expertise. SHARC is the umbrella organisation for the following programs:

- Family Drug Help
- Association of Participating Service Users
- Recovery Support Services

Contact us

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140 Grange Road, Carnegie VIC. 3163
Tel: 03 9573 1700 Fax: 03 9572 3498
Email: info@sharc.org.au
www.sharc.org.au
ABN: 18052525948



Family Drug Help (FDH)

We recognise that alcohol and other drug use within the family can be overwhelming and cause problematic behaviour (with or without mental health issues). We offer family and friends support, information, education, inspiration. We don't judge family members because we've been there.

How we can help you:

- A confidential telephone helpline staffed by trained volunteers with family experience.
- Family and Friends Support Groups across Victoria where you can gain support, share information and knowledge with others who are experiencing similar situations in their lives.
- A six week family education course (ARC) to learn skills and strategies in coping with a loved one's addiction.
- The Supper Club is a support group for people who have lost a loved one due to Alcohol & Drug use.
- Free family counselling for extra support.
- A website for Siblings offering online support and information.
- Free booklets and a quarterly newsletter.

Contact us

Helpline: 1300 660 068
Email: fdh@sharc.org.au
www.siblingsupport.com.au
www.familydrughelp.com.au



Association of Participating Service Users (APSU)

APSU believes that people who use alcohol and other drug services have a wealth of experience and knowledge to contribute: they have a right to contribute their ideas and opinions to service provision, policy, research and the professional development.

APSU works collaboratively with services in the setting up and delivery of consumer participation projects. To assist with the sustainability of consumer participation projects, we offer the Fit Peer Model as a training and activity model. The Fit Peer Model includes:

- **Peer Helper Training:** a 40 hour training course that equips people experienced in AOD service use to help others who are just beginning to use AOD services.
- **Experts by Experience:** 4 workshops designed to develop the necessary skills for consumers to participate in the decision making involved in service provision, policy making, research and professional development.
- **The Speaker Bureau:** this is a database of consumers who are willing to offer a consumer perspective whilst engaged in meetings, forums, or delivering presentations.

APSU also engages in systemic and individual advocacy. If you have an issue that needs to be raised or want more information regarding services, we are happy to help.

Contact us

Tel: 03 9573 1736 or 03 9573 1776
Email: apsu@sharc.org.au
www.apsuonline.org.au