

## Contact us by

- Phoning **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

Building 4, 17 Lambie Drive, Manukau

### CADS West

1st level, 1 Trading Place, Henderson

### Community and Home Detox Service

Pitman House, 50 Carrington Rd,  
Point Chevalier (for detox only)

Additional clinics are provided in community locations from Wellsford to Mercer. **Phone 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 845 1818**
- **look at [www.cads.org.nz](http://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

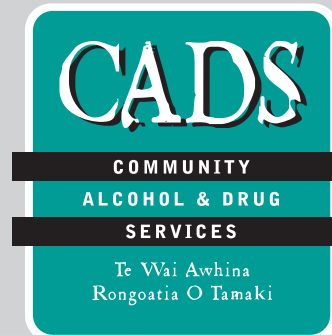
### Walk-in clinic

**10am - 1pm Monday - Friday**  
(no appointment necessary)

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 **Waitemata**  
District Health Board  
Best Care for Everyone



## 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 845 1818**  
**[www.cads.org.nz](http://www.cads.org.nz)**

 **Waitemata**  
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## 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 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
- Medical Detoxification: in-patient and community
- Older adults focus
- Pregnancy and Parental Service
- Rainbow focus
- Te Ātea Marino (Māori)
- Tuḗu (Pacific)

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

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