|  |  |
| --- | --- |
| **Alcohol and drug services** | **ܦܘܼܫܵܩܸ̈ܐ ܒܠܹܫܵܢܵܐ ܐܵܬܘܿܪܵܝܵܐ** |
| Victoria has a highly specialised, diverse, and world-renowned alcohol and drug treatment sector. | - ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܐܝܼܬܠܵܗ̇ ܚܲܕ ܡܲܩܛܥܵܐ ܕܝܼܠܵܢܵܝܵܐ ܕܒܚܲܕ ܕܲܪܓ݂ܵܐ ܥܹܠܵܝܵܐ، ܦܪܝܼܫܵܐ، ܕܕܲܪܡܲܢܬܵܐ ܕܐܲܠܟܘܿܗܘܿܠ ܘܕܣܡܲܡܵܢܸ̈ܐ ܡܫܲܡܗܵܐ ܓܵܘ ܟܠܵܗ̇ ܬܸܒ݂ܸܝܠ. |
| There are over 100 alcohol and other drug treatment service providers, including non-government organisations, community health services, and hospitals across metropolitan, regional, and rural Victoria. | ܬܵܡܵܐ ܐܝܼܬ ܥܹܠܹܠ ܡ̣ܢ 100 ܡܙܲܘܹܕܵܢܸ̈ܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܕܲܪܡܲܢܬܵܐ ܕܐܲܠܟܘܿܗܘܿܠ ܘܕܣܲܡܡܵܢܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ، ܒܹܚܒ݂ܵܫܵܐ ܫܘܼܬܐܵܣܸ̈ܐ ܕܠܵܐ ܝܢܵܐ ܕܫܘܼܠܛܵܢܵܐ، ܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܕܟܢܘܼܫܬܵܐ، ܘܒܵܬܲܝ ܟܪ̈ܝܼܗܸܐ ܓܵܘ ܟܠܲܝܗܝ ܦܹܢܝܵܬܸ̈ܐ ܐܲܪܹ̈ܫܟ݂ܵܝܸܐ، ܩܠܸܝܡܵܝܸ̈ܐ، ܘܩܘܼܪ̈ܝܵܝܸܐ ܕܒ݂ܝܼܟܬܘܿܪܝܵܐ. |
| Victoria's alcohol and drug treatment services provide access to a range of different treatment options, including counselling, withdrawal, residential rehabilitation, day programs, outreach, support groups, online and self-directed help, and a range of community-based services, including opioid replacement therapy. | ܚܹܠܡܲܬܸ̈ܐ ܕܕܲܪܡܲܢܬܵܐ ܕܐܲܠܟܘܿܗܘܿܠ ܘܕܣܲܡܡܵܢܸ̈ܐ ܕܒ݂ܝܼܟܬܘܿܪܝܵܐ ܟܸܐ ܡܲܩܪܹܒ݂ܝܼ ܡܛܵܝܬܵܐ ܠܚܲܕ ܣܹܕܪܵܐ ܕܓܘܼܒܵܝܸ̈ܐ ܩܵܐ ܕܲܪܡܲܢܬܵܐ، ܒܹܚܒ݂ܵܫܵܐ ܡܵܠܘܿܟ݂ܘܼܬܵܐ، ܓܪܵܫܬܵܐ ܕܓܵܢܵܐ، ܒܵܬܸ̈ܐ ܕܩܵܐ ܡܲܕܥܲܪܬܵܐ ܕܡܨܵܝܬܵܐ، ܚܘܼܪ̈ܙܸܐ ܕܒܝܵܘܡܵܐ، ܦܫܵܛܵܐ ܐܝܼܕܵܐ ܠܗܲܝܘܼܪܸܐ، ܝܲܗܠܸ̈ܐ ܕܣܢܵܕܬܵܐ، ܗܲܝܲܪܬܵܐ ܕܓܵܢܵܐ ܒܓܵܢܵܐ ܒܐܘܼܪܚܵܐ ܕܐܹܢܬܹܪܢܸܝܬ، ܘܚܲܕ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܦܝܼܫܹܐ ܡܘܼܪܚܹܛܸܐ ܡܓܵܘ ܟܢܘܼܫܬܵܐ، ܒܹܚܒ݂ܵܫܵܐ ܕܲܪܡܲܢܬܵܐ ܒܐܘܼܪܚܵܐ ܕܡܲܚܠܹܦܵܢܘܼܬܵܐ ܡܠܘܿܐܹ̈ܐ ܐܘܿܦܝܘܿܕܵܝܹ̈ܐ. |
| There is also a range of services specifically designed to meet cultural and age specific needs. | ܬܵܡܵܐ ܐܵܦ ܐܝܼܬ ܚܲܕ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܦܝܼܫܸܐ ܝܢܵܐ ܕܝܼܠܵܢܵܐܝܼܬ ܒܹܪܝܸܐ ܠܹܡܠܵܝܲܝܗܝ ܣܢܝܼܩܘܼܝܵܬܸ̈ܐ ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܘܕܐ݇ܣܝܼܪܸܐ ܝܢܵܐ ܒܥܘܼܡܪܵܐ. |
| "About 40,000 Victorians per year access our drug and alcohol treatment support system. The best way to find out about the system is to call a service called DirectLine, or get in touch through the internet. The other way to access the system is to go through your GP, or other health services that you might be involved with and they can make a referral and hook you up to the right source of support and assistance. | - ܩܘܼܪܒܵܐ ܠ 40 ܐܲܠܦܸ̈ܐ ܒܢܲܝ ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܫܸܢ݇ܬܵܐܝܼܬ ܟܸܐ ܡܲܦܠܹܚܝܼܠܸܗ ܛܲܟ݂ܣܵܐ ܕܩܵܐ ܕܕܲܪܡܲܢܬܵܐ ܕܣܲܡܡܵܢܸ̈ܐ ܘܕܐܲܠܟܘܿܗܘܿܠ. ܗ̇ܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܪܸܫܵܝܬܵܐ ܠܸܝܠܵܦܵܐ ܒܘܼܬ ܛܲܟ݂ܣܵܐ ܝܼܠܵܗ̇ ܠܹܩܪܵܝܵܐ ܩܵܐ ܚܕܵܐ ܚܹܠܡܲܬ ܫܹܡܵܗ̇ DirectLine، ܝܲܢ ܠܹܡܛܵܝܵܐ ܐܹܠܵܗ̇ ܒܐܘܼܪܚܵܐ ܕܐܹܢܬܹܪܢܸܝܬ. ܗ̇ܝ ܐܘܼܪܚܵܐ ܐ݇ܚܸܪ݇ܬܵܐ ܠܹܡܛܵܝܵܐ ܠܛܲܟ݂ܣܵܐ ܝܼܠܵܗ̇ ܒܐܘܼܪܚܵܐ ܕܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ، ܝܲܢ ܒܐܘܼܪܚܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܕܐܝܼܬܠܵܘܟ݂ܘܿܢ ܐܹܣܘܼܪܵܐ ܥܲܡܲܝܗܝ ܘܐܵܢܝܼ ܡܵܨܝܼ ܕܡܲܦܫܹܛܝܼܠܵܘܟ݂ܘܿܢ ܘܕܐܵܣܪܝܼܠܵܘܟ݂ܘܿܢ ܲܡ ܗܵܘ ܡܲܒܘܼܥܵܐ ܠܚܝܼܡܵܐ ܕܣܢܵܕܬܵܐ ܘܕܗܲܝܲܪܬܵܐ. |
| "The first thing to say about if anyone has got a problem with drug and alcohol is that they should feel comfortable to talk to their doctor about that because if we don't know, we can't help. There's nothing to be ashamed of and people will listen to you and support you in a way that you're comfortable with." | - ܡܹܢܕܝܼ ܩܲܕ݇ܡܵܝܵܐ ܕܦܵܝܹܫ ܐ݇ܡܝܼܪܵܐ ܒܘܼܬ ܐܸܢ ܚܲܕ ܐ݇ܢܵܫܵܐ ܐܝܼܬܠܸܗ ܚܲܕ ܩܹܛܪܵܐ ܕܐ݇ܣܝܼܪܵܐ ܝܠܸܗ ܒܣܲܡܡܵܢܸ̈ܐ ܘܒܐܲܠܟܘܿܗܘܿܠ ܼܠܸܗ ܕܐܵܢܝܼ ܓܵܪܲܓ ܕܪܵܓ݂ܫܝܼ ܒܪܲܗܲܬܘܼܬܵܐ ܟܲܕ ܗܲܡܙܘܼܡܸܐ ܝܢܵܐ ܥܲܡ ܐܵܣܝܲܝܗܝ ܒܘܼܬ ܩܹܛܪܵܐ ܒܗ̇ܝ ܕܐܸܢ ܐܲܚܢܲܢ ܠܸܐ ܝܵܕܥܲܚ، ܠܸܐ ܡܵܨܲܚ ܕܗܲܝܹܪܲܚ. - ܠܲܝܬ ܚܲܕ ܡܹܢܕܝܼ ܕܢܵܟ݂ܦܝܼܬܘܿܢ ܒܝܼܸܗ ܘܐ݇ܢܵܫܸ̈ܐ ܒܹܕ ܡܲܫܡܥܝܼ ܐܹܠܵܘܟ݂ܘܿܢ ܘܣܵܢܕܝܼܠܵܘܟ݂ܘܿܢ ܒܚܕܵܐ ܐܘܼܪܚܵܐ ܕܒܹܕ ܪܵܓ݂ܫܝܼܬܘܿܢ ܒܪܲܗܲܬܘܼܬܵܐ. |
| "They will focus on the goals from your perspective and it can be supportive in a way that appeal to your resources and really gives you an extra person to just work things out with and just explore what's going on for you. Any type of person can have a drug and alcohol issue. It could be an older person that's living alone that's in fact depressed and actually drinking excessively. It could be a high functioning executive, or a lawyer, or someone having drug problems.” | - ܐܵܢܝܼ ܒܹܕ ܡܵܚܝܼ ܚܲܝܠܵܐ ܥܲܠ ܢܝܼܫܸ̈ܐ ܕܐܲܚܬܘܿܢ ܒܵܥܝܼܬܘܿܢ ܕܡܵܛܝܼܬܘܿܢ ܐܹܠܲܝܗܝ ܘܡܵܨܝܵܐ ܕܗܵܘܝܵܐ ܣܵܢܕܵܢܬܵܐ ܒܚܕܵܐ ܐܘܼܪܚܵܐ ܕܒܹܕ ܠܵܚܡܵܐ ܥܲܡ ܡܨܵܝܵܬܵܘܟ݂ܘܿܢ ܘܫܲܪܝܼܪܵܐܝܼܬ ܕܝܵܗܒ݂ܵܐ ܠܵܘܟ݂ܘܿܢ ܚܲܕ ܦܲܪܨܘܿܦܵܐ ܙܵܘܕܵܢܵܐ ܕܦܵܠܚܝܼܬܘܿܢ ܥܲܡܸܗ ܠܹܫܪܵܝܵܐ ܩܹܛܪܸ̈ܐ ܘܕܨܲܚܨܝܼܬܘܿܢ ܡܘܿܕܝܼ ܩܲܘܘܼܡܸܐ ܝܠܸܗ ܩܵܐܠܵܘܟ݂ܘܿܢ.- ܟܠܚܲܕ ܦܹܨܠܵܐ ܕܦܲܪܨܘܿܦܵܐ ܡܵܨܝܵܐ ܕܗܵܘܝܵܐ ܠܸܗ ܚܕܵܐ ܨܒܘܼܬܵܐ ܐ݇ܣܝܼܪܬܵܐ ܒܣܲܡܡܵܢܸ̈ܐ ܘܐܲܠܟܘܿܗܘܿܠ. ܐܵܗܵܐ ܡܵܨܝܵܐ ܕܗܵܘܸܐ ܚܲܕ ܦܲܪܨܘܿܦܵܐ ܥܒ݂ܝܼܪܵܐ ܒܫܹܢܸ̈ܐ ܕܒܹܚܵܝܵܐ ܝܠܸܗ ܠܚܘܿܕܸܗ ܕܒܫܲܪܝܼܪܘܼܬܵܐ ܚܲܫܵܢܵܐ ܝܠܸܗ ܘܕܒܹܫܬܵܝܵܐ ܝܠܸܗ ܚܕܵܐ ܟܡܵܝܘܼܬܵܐ ܓܘܼܪܬܵܐ ܕܐܲܠܟܘܿܗܘܿܠ. ܐܵܗܵܐ ܡܵܨܝܵܐ ܕܗܵܘܸܐ ܚܲܕ ܡܕܲܒܪܵܢܵܐ ܓܘܼܪܵܐ ܝܲܢ ܚܲܕ ܢܘܿܡܝܼܩܵܐ، ܝܲܢ ܚܲܕ ܦܲܪܨܘܿܦܵܐ ܕܐܝܼܬܠܸܗ ܩܹܛܪܸ̈ܐ ܕܣܲܡܡܵܢܸ̈ܐ. |
| "Some people need a lot of support, a lot of care.  Some people need residential programs to go to have time out. Other people are able to do, undertake that withdrawal, do that detox at home with the support of family and loved ones. There are also services we provide where people can be supported in their own homes." | - ܚܲܕܟܡܵܐ ܐ݇ܢܵܫܸ̈ܐ ܣܢܝܼܩܸܐ ܝܢܵܐ ܠܪܵܒܵܐ ܣܢܵܕܬܵܐ، ܠܪܵܒܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ. ܚܲܕܟܡܵܐ ܐ݇ܢܵܫܸ̈ܐ ܣܢܝܼܩܸܐ ܝܢܵܐ ܕܐܵܙܠ݇ܝܼ ܠܚܕܵܐ ܕܘܼܟܵܐ ܩܵܐ ܕܐܵܙܠ݇ܝܼ ܬܵܡܵܐ ܠܹܪܚܵܩܵܐ ܡ̣ܢ ܫܬܵܝܬܵܐ ܘܣܲܡܡܵܢܸ̈ܐ. ܐ݇ܢܵܫܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܡܵܨܝܵܢܸ̈ܐ ܝܢܵܐ ܕܡܲܟܡܹܠܝܼܠܵܗ̇ ܐܲܝܵܐ ܡܲܥܕܝܵܢܘܼܬܵܐ، ܕܦܪܵܩܬܵܐ ܡ̣ܢ ܣܲܡܡܵܢܸ̈ܐ ܓܵܘ ܒܲܝܬܵܐ ܒܣܢܵܕܬܵܐ ܕܗܲܕܵܡܸ̈ܐ ܕܒܲܝܬܘܼܬܵܐ. ܬܵܡܵܐ ܐܵܦ ܐܝܼܬ ܚܹܠܡܲܬܸ̈ܐ ܕܟܸܐ ܡܲܩܪܹܒ݂ܵܚܠܗܘܿܢ ܐܲܝܟܵܐ ܕܐ݇ܢܵܫܸ̈ܐ ܡܵܨܝܵܐ ܕܦܵܝܫܝܼ ܣܢܝܼܕܸܐ ܓܵܘ ܒܵܬܸ̈ܐ ܕܓܵܢܲܝܗܝ. |
| "My best advice would be to accept and own the problem, and realise that you need to get help, but also that there's plenty of help out there.  Starting at your local doctor's, is a good starting place.  Otherwise, the community health centres I would recommend, and certainly perhaps investigating online for any relevant services and information as to where you might go for assistance would be the way to go I would think. The earlier you can make a step towards accessing help, the better it will be and the more chance you've got of making a quicker recovery.” | - ܗ̇ܝ ܢܲܨܝܼܗܲܬ ܒܘܼܫ ܪܸܫܵܝܬܵܐ ܕܐܝܼܬܠܝܼ ܝܼܠܵܗ̇ ܕܩܲܒܠܝܼܬܘܿܢ ܕܐܲܚܬܘܿܢ ܐܝܼܬܠܵܘܟ݂ܘܿܢ ܚܲܕ ܩܹܛܪܵܐ، ܘܕܝܵܕܥܝܼܬܘܿܢ ܩܵܐ ܕܣܢܝܼܩܸܐ ܝܬܘܿܢ ܠܗܲܝܲܪܬܵܐ، ܐܝܼܢܵܐ ܐܵܦܙܸܐ ܕܬܵܡܵܐ ܐܝܼܬ ܗܲܝܲܪܬܵܐ ܦܪܝܼܬܵܐ. ܫܲܪܘܼܝܸܐ ܡ̣ܢ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܘܟ݂ܘܿܢ، ܕܝܼܠܵܗ̇ ܚܕܵܐ ܨܦܵܝܝܼ ܕܘܼܟܵܐ ܕܫܘܼܪܵܝܵܐ. ܫܒ݂ܘܿܩ ܡ̣ܢ ܕܐܵܗܵܐ، ܒܹܕ ܡܲܚܫܹܚܵܢ ܠܗܘܿܢ ܩܹܢܛܪ̈ܘܿܢܸܐ ܕܚܘܼܠܡܵܢܵܐ ܕܟܢܘܼܫܬܵܐ، ܘܐܵܦܙܸܐ ܕܠܵܐ ܫܹܟ ܨܲܚܨܵܝܬܵܐ ܒܐܘܼܪܚܵܐ ܕܐܹܢܬܹܪܢܸܝܬ ܠܡܲܫ݇ܟ̰ܘܼܚܸܐ ܚܹܠܡܲܬܸ̈ܐ ܘܡܲܘܕܥܵܢܘܼܬܵܐ ܠܚܝܼܡܸ̈ܐ ܒܘܼܬ ܐܲܝܟܵܐ ܠܹܐ݇ܙܵܠܵܐ ܠܩܲܒܘܼܠܸܐ ܗܲܝܲܪܬܵܐ ܒܗܵܘܝܵܐ ܗ̇ܝ ܐܘܼܪܚܵܐ ܒܘܼܫ ܠܚܝܼܡܬܵܐ، ܒܲܚܫܲܒ݂ܬܝܼ. - ܐܲܝܟ݂ ܟܡܵܐ ܕܓ̰ܲܠܕܸܐ ܫܵܩܠܝܼܬܘܿܢ ܚܕܵܐ ܦܵܣܘܿܥܬܵܐ ܠܹܡܛܵܝܵܐ ܠܗܲܝܲܪܬܵܐ، ܗܲܪ ܗܵܕܵܐ ܒܹܕ ܗܵܘܝܵܐ ܒܘܼܫ ܨܦܵܝܝܼ ܘܒܹܕ ܙܵܝܕܵܐ ܦܘܼܪܣܵܐ ܕܐܝܼܬܠܵܘܟ݂ܘܿܢ ܩܵܐ ܕܒܵܣܡܝܼܬܘܿܢ ܒܓ̰ܲܠܕܘܼܬܵܐ. |
| For assistance contact DirectLine on 1800 888 236. | - ܠܹܛܠܵܒܵܐ ܗܲܝܲܪܬܵܐ ܩܪܘܿܢ ܩܵܐ DirectLine ܥܲܠ ܡܹܢܝܵܢܵܐ 1800 888 236 |
| For more information visit: BETTERHEALTH.vic.gov.au/alcoholanddrug | ܩܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܣܲܚܒܹܪܘܿܢ ܠܫܵܘܦܵܐ BETTERHEALTH.vic.gov.au/alcoholanddrug |