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| **Alcohol and drug services**  | **Huduma za kileo na dawa ya kulevya** |
| Victoria has a highly specialised, diverse, and world-renowned alcohol and drug treatment sector.   | Viktoria ina sekta maalum yenye tofauti tofauti, sekta yenye sifa duniani ya tiba ya kileo na dawa ya kulevya. |
| 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.  | Kuna watoaji ziadi ya 100 wa huduma ya tiba ya kileo na dawa nyingine ya kulevya. pamoja na mashirika yasiyo ya serikali, huduma za afya ya jamii, na hospitali kokote mijini, mikoani, na mashambani kwa Viktoria. |
| 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.   | Huduma za Viktoria za tiba ya kileo na dawa ya kulevya hutoa uwezo wa kutumia anuwai ya uchaguzi mbalimbali wa tiba, pamoja na ushauri nasaha, kuacha dawa, kurudisha afya katika makazi, mipango ya siku, kunyosha mkono, vikundi vya msaada, msaada mtandaoni na za kijiongoza, na anuwai ya huduma zenye msingi-jamii, pamoja na matibabu kubadilisha afyuni. |
| There is also a range of services specifically designed to meet cultural and age specific needs.  | Pia kuna anuwai ya huduma zinazopangiliwa maalum kutosheleza mahitaji maalum ya utamaduni na umri. |
| 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. | Karibia Waviktoria 40,000 kila mwaka wanatumia mfumo wetu wa msaada wa tiba ya dawa ya kulevya na kileo. Njia nzuri sana kuchunguza kuhusu mfumo ni kupigia simu huduma iitwayo DirectLine, au kuwasiliana kupitia mtandaoni. Njia nyingine kutumia mfumo ni kupitia kwa GP yako, au huduma nyingine za afya unazoshiriki nazo na hizo zinaweza kukupendekeza na kukuunganisha na chanzo cha kufaa cha msaada na usaidizi. |
| 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.   | Kitu cha kwanza kusema ni kama yeyote ana tatizo na dawa ya kulevya na kileo ni kuwa ajisikie nyumbani kuongea na daktari yake kuhusu hiyo kwa sababu kama hatujui, hatuwezi kusaidia. Hakuna sababu kujisikia aibu na watu watakusikilizia wewe na kukusaidia kwa njia unavyojisikia nyumbani. |
| 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. | Wataweka fokasi kwa malengo kulingana na mtazamo wako na inaweza kukusaidia kwa njia inayokuvuta kwa nguvu yako na inakupa mtu wa ziada kushughulikiana tu na kutatua pamoja na kupeleleza unachotokea kwako. Aina yoyote ya mtu anaweza kuwa na suala la dawa ya kulevya na kileo. Ingeweza kuwa mzee anayeishi peke yake ambaye kwa kweli anahuzunika na kunywa kileo kupita kiasi. Ingeweza kuwa mtendaji kuu wenye ustadi mengi, au mwanasheria, au mtu mwenye matitizo ya dawa ya kulevya. |
| 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.   | Watu wengine wahitaji msaada mengi, kutunzwa sana. Watu wengine wahitaji mipango ya makazi na kupata muda kupumzika. Watu wengine wanaweza kuachaisha matumizi yale, kufanya detox pale nyumbani na usaidizi wa jamaa na wapendwa. Pia kuna huduma tunazozitoa watu wanapoweza kusaidiwa katika nyumbani kwao. |
| 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. | Ushauri wangu mzuri ungekuwa kukubali na chukua wajibu kwa tatizo, na kutambua kwamba unahitaji kupata msaada, lakini pia kwamba kuna msaada mengi upo. Kuanzia kwa daktari yako wa mtaa, ni mahali pazuri pa kuanza. Vinginevyo, vituo vya afya ya jamii ningesifa, na kwa hakika labda kuchunguza mtandaoni kwa huduma na habari zozote zinazofaa kuhusu ungeweza kwenda wapi kwa usaidizi ingekuwa njia nzuri naona. Kama unaweza kufanya hatua kuelekea kupata msaada mapema zaidi, basi itakuwa afadhali zaidi na unazidisha nafasi yako kupata nafuu haraka zaidi. |
| For assistance contact DirectLine on 1800 888 236.  | Kwa usaidizi wasiliana na DirectLine kwenye 1800 888 236. |
| For more information visit: BETTERHEALTH.vic.gov.au/alcoholanddrug | Kwa habari zaidi tembelea BETTERHEALTH.vic.gov.au/alcoholanddrug |