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|  **Alcohol and drug | 戒酒戒毒服务** |
| 维州提供的专业及多样化戒毒戒酒服务在国际间享誉盛名。维州范围内有超过100个戒毒戒酒治疗机构，包括非公立团体、社区健康服务、以及医院等机构，遍及全维多利亚州。维州的戒毒戒酒服务提供多种不同治疗，包括心理咨询、断瘾症状治疗、入住戒除、门诊戒除、外展服务、支持小组、网上与自主帮助，以及许多基于社区的服务，例如鸦片类替代品治疗。此外，还有许多服务是针对不同文化背景及年纪的人提供。每年，维州约有40000人使用戒毒戒酒服务。要了解不同服务的最好方法请致电DirectLine专线或是上我们的网站。您也可以通过家庭医生获得服务或是向您正在参与的服务机构提出转介请求，以获得合适的支持与协助。首先，如果吸毒或酗酒的问题，应该要很自然地与医生讨论，否则医生无法帮助他们。不要感觉不好意思。我们也会用你感到自在的方式向你提供支持协助。他们会从你的观点看待你的目标，这样的支持不需要什么花费，而且能有一个人帮助你一起解决问题，一起思考你面对的挑战。 |  |
| Victoria has a highly specialised, diverse, and world renowned alcohol and drug treatment sector.  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.  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.  There is also a range of services specifically designed to meet cultural and age specific needs. "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."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."  "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." 任何人都可能面对吸毒或酗酒问题。独居老人可能因为抑郁而开始饮酒过量，或是能力强的高级主管、律师、或是染上毒瘾的人。有些人需要很多支持与照顾，有些人需要入住戒毒中心闭关治疗，有些人能忍受断瘾症状，在家人的支持下在家戒毒。我们也提供一些服务，帮助人能在家戒毒。我的建议是不要逃避，正视问题，寻求帮助，当事人可以获得很多帮助，先试着跟家庭医生谈谈，社区健康中心也不错。网上也有很多与各种不同支持服务有关的信息，也可以上网了解一下。越早寻求帮助，您能得到的益处就越大，也越有可能迅速康复。如需协助，请致电DirectLine1-800-888-236详情请访问：<BETTERHEALTH.vic.gov.au/alcoholanddrug>"Some people need a lot of support, a lot of care.  Some people need residential programs to go to 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."  "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.  For assistance contact DirectLine on 1800-888-236.  For more information visit:  betterhealth.vic.gov.au/alcoholanddrug |  |
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