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| **Alcohol and drug | 酗酒和服用毒品** | |
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| 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."  "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 | 維多利亞州在對付酗酒和毒品/藥物問題上，不但高度專業，且方法繁多，世界聞名。  這裏有超過 100 個對付酗酒及毒品/藥物問題的服務提供者，包括非政府機構、社區健康服務，和分佈於整個維州市區、鄉郊及偏遠地區的醫院。  維州的酗酒與毒品治療服務爲你提供不同的治療選擇，包括輔導、戒酒、戒毒、復康住宿院舍、日間計劃、外展、支援小組、在線，及自我主導協助，還有各式各樣以社區為主的服務，包括鴉片類藥物替代療法。  另外也有專門針對不同文化、不同年齡組別需要的服務。  「每年大約有 4 萬名維州市民，會尋求我們的毒品及酗酒支援系統的服務。認識這系統的最佳途徑，莫過於致電一個叫做 DirectLine的服務，或者通過互聯網聯繫該服務。另一個尋求該系統協助的方法，是通過你的家庭醫生或你有份參與的其他保健服務，來給你轉介，把你安排到一個適合的支援及協助服務。」  「首先要說的是，如果某個人有毒品及酗酒問題，他們應該坦誠與醫生傾談，因為如果我們不知道問題所在，便難以幫忙。大家不需要覺得羞恥，其實很多人都會聆聽你和向你提供讓你感到妥當的支援。」  「他們會集中從你的角度來考慮你的目標，這可能配合到你的資源，同時會給你一個工作人員和你一起尋求解決方法，及探討你所面對的問題。任何人都有可能有毒品或酗酒問題，他可能是一個獨居老人，這情況本身足以令人抑鬱及導致飲酒過量；也可能是一位高效率的行政人員、律師，或任何一個有吸毒問題的人士。」  「有些人需要很多支援和很多照顧；有些人則需要住宿院舍計劃好讓他們有機會歇一歇；而一些人則能夠在家人或愛他的人協助下在家裏戒毒或戒酒。我們也提供一些家居支援服務。」  「我的最佳建議是，要接受並為自己的問題負責，你一方面要知道自己是需要尋求援助的，另一方面，外間其實有很多不同的支援服務。你區內的醫生是一個不錯的起始點，還有，我會推薦社區健康中心，當然，你也可以在網上尋找適當的服務及資訊，以便決定你該從哪裏尋求協助。」  「正所謂病向淺中醫，越早尋求協助越好，你康復的機會也愈大。」  如欲獲得協助，請致電 DirectLine，電話 1800-888-236  詳情請瀏覽：  betterhealth.vic.gov.au/alcoholanddrug |
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