



If you need help

Sonder is not an emergency service. If you are experiencing a crisis or imminent life-threatening situation, please contact one of the following services.

Emergency Services 24/7 000

Lifeline 13 11 14

Mental Health Triage Service 13 14 65

Kids Helpline 1800 551 800

Suicide Call Back Service 1300 659 467

Contact us

 PO Box 421, Elizabeth SA 5112

 (08) 8209 0700  (08) 8252 9433

 info@sonder.net.au

 sonder.net.au

 /SonderSA  @Sonder_SA



Sonder acknowledges the Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We recognise the cultural, spiritual, physical and emotional connection to their land. We pay respect to the Elders past, present and emerging.

Sonder welcomes all people irrespective of ethnicity, lifestyle choice, faith, sexual orientation and gender identity.



This service is funded by the Federal Government Department of Health and SA Health.

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The 3-step process

The in-home withdrawal process is divided into three stages; intake and assessment, withdrawal and after-care.

Once we receive your referral, an appointment will be made with a GP who will complete medical tests. Our workers will complete a thorough assessment as well as an in-home risk assessment.

Depending on how prepared you are feeling about the withdrawal process, you may enter into a pre-care stage with access to counselling.

During withdrawal, you will be monitored for the first five days (Monday to Friday) by a Nurse and will have access to phone counselling and peer support in order to help you to withdrawal safely.

Following withdrawal, the program staff will support you with after-care. This stage focuses on relapse prevention and goal maintenance. You will be provided with counselling sessions, scheduled GP visits and continued access to peer support.



In-Home Withdrawal Service

Support for adults wanting to withdraw from low to moderate substance dependence.



Making the decision to stop using alcohol and/or other drugs can significantly improve your life.

It can improve physical and mental wellbeing, improve personal relationships and help you to reconnect with yourself.

Our In-Home Withdrawal Service allows you to withdraw from substances in a confidential, safe and familiar home environment with access to essential support from a skilled care team, ensuring a safe and successful withdrawal (detox).

What do we offer?



Withdraw from substance use in your own home

Within a safe and familiar environment.



Guidance through every step

You will be guided through every step of the withdrawal process, with personalised support.



Team-based support

You will be supported by a skilled team that includes Alcohol and Drug Workers, Nurses, and Peer Support Workers.



No cost

The In-Home Withdrawal Service is free.

Am I eligible?

To be eligible for this program, you must:

- Have low to moderate levels of substance dependence and complexity;
- Live in metropolitan Adelaide;
- Have a supportive emotional and social home environment;
- Have a support person that will be living with you during the withdrawal stage.

Your care team

The In-Home Withdrawal Service staff include Alcohol and Drug Workers, Nurses, and Peer Support Workers with the support of a GP overseeing the care.

You'll be guided through the each stage of the service by our skilled team.

As we won't be able to provide 24/7 monitoring of your withdrawal, it is important that you have a support person with you during the withdrawal week, should any complications occur.

What if I don't have a regular GP?

If you do not have a GP that is willing to supervise you whilst you are undertaking in-home withdrawal, our team will help you to find an alternative GP.

How long is the program?

The program is up to 16 weeks in duration.

The length of time is determined by how much pre-care and after-care you want or need. If you are feeling less prepared for the withdrawal process, you may be offered counselling before starting the withdrawal process.

Your Peer Support Worker will follow-up with you one month after completing the service.

How do I access the service?

You can self-refer into the service by calling us on **(08) 8209 0700** or by completing the referral form available from sonder.net.au