



The 3-step process

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

- 1. Intake** - Once we receive your referral, an appointment will be made with a GP who will complete medical tests. Our workers will also complete a thorough assessment as well as an in-home risk assessment.
- Pre-care** - Depending on how prepared you are feeling, you may enter into a pre-care stage with access to counselling.
- 2. Withdrawal** - You will be monitored for the first five days of your withdrawal by a Nurse. You will have access to phone counselling and support from a Peer Practitioner with lived experience.
- 3. After-care** - Following withdrawal, our team will support you with relapse prevention and goal maintenance. You will be provided with counselling sessions, scheduled GP visits, and continued access to peer support.

If you need help

Sonder is not an emergency service. If you are experiencing a crisis or imminent life-threatening situation, please contact:

Emergency Services 24/7 000

Lifeline 13 11 14

Mental Health Triage Service 13 14 65

Kids Helpline 1800 551 800

Contact us

✉ PO Box 421, Elizabeth SA 5112

☎ (08) 8209 0700 📠 (08) 8252 9433

@ info@sonder.net.au 🌐 sonder.net.au

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Sonder acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia. We pay respect to them, their cultural and spiritual heritage, and to Elders past, present, and emerging.

We acknowledge the ongoing impact of intergenerational trauma that has occurred since colonisation and commit to truth telling as we walk alongside them towards reconciliation.

Sonder welcomes people from all cultures, faiths, backgrounds, experiences, and celebrates all identities, genders, sexes, orientations and abilities. We embrace diverse voices in our decision making to ensure we deliver inclusive services.



In-Home Withdrawal Service

Support for adults and young people seeking 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 enhance your physical and mental health, strengthen personal relationships, and help you to rediscover your sense of self.

Our In-Home Withdrawal Service offers a safe, confidential, and supportive way to detox from substances in the comfort of your own home.

With guidance and care from our skilled multidisciplinary team, we ensure you have the support you need for a safe and successful withdrawal journey.

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

Our skilled team includes Alcohol and Drug Workers, Nurses, and Peer Practitioners.



No cost

The service is completely free.

Am I eligible?

To be eligible for this program, you must:

- Have low to moderate levels of substance dependence and complexity;
- Live in the council areas of Playford, Salisbury, Tea Tree Gully, Port Adelaide Enfield, Norwood Payneham & St Peters, Burnside, Campbelltown, Prospect, Town of Walkerville, or Charles Sturt;
- Be aged 12 years or over;
- Have suitable accommodation for the withdraw period and;
- Have a support person that will be living with you during the withdrawal stage.

Your care team

You will be guided through the each stage of the withdrawal process by our skilled team, including Alcohol and Drug Workers, Nurses, and Peer Practitioners, with the support of a GP overseeing the care.

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 can supervise you whilst you are undertaking withdrawal, our team will help you to find an alternative GP.

How long is the program?

The program is up to 13 weeks in duration.

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

Your Peer Practitioner 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 at sonder.net.au