

# My Steps



Country &  
Outback Health

***Practical and therapeutic support for people who are misusing or have an addiction to alcohol or other drugs***

The **My Steps** program can provide the encouragement, guidance and therapeutic support that you may need to reduce or stop your use of addictive substances - alcohol or other drugs.

The **My Steps** team understand the impact that addiction can have on your life and the lives of your family and friends.

# My Steps

Our My Steps team can work with you to;

- Reduce or stop your use of alcohol or other drugs - by developing coping methods for withdrawal and recovery that works for you,
- Live a healthier, safer life - by helping you to connect to the community services who can assist with improving your physical health, housing, social life, finances and self-care,
- Build a support network - by helping you to establish peer connections who can provide ongoing support,
- Increase your social, emotional and physical wellbeing - by helping you to recognise your individual strengths which you can use to achieve your personal goals

**My Steps** is a community-based program, which means that your time with the **My Steps** team can be at your home, over the telephone, at work or at another safe community location.

**My Steps** is a free support program best suited to people 16 years and over.

*Country & Outback Health is a not-for-profit organisation that provides a range of mental health, general health and NDIS support services to South Australians living in rural and regional areas.*



**Country &  
Outback Health**

***Please phone us or visit our website for more information***

**P: 8643 5600  
[www.cobh.com.au](http://www.cobh.com.au)**



Country & Outback Health gratefully acknowledges the financial and general support from Country SA PHN and the Australian Government Department of Health.



Country & Outback Health is not an emergency service, our operating hours are 9am-5pm, Monday to Friday. If you require immediate support or medical assistance contact Emergency Services on 000 or go to your local hospital. For non-emergency assistance contact the following 24-hour support lines: healthdirect 1800 022 222, Regional Access 1300 032 186, Lifeline 13 11 14, Mental Health Emergency 13 14 65, or Kids Helpline 1800 55 1800