

Referrals and Admissions

You can self-refer to the Inpatient Withdrawal Unit. Referrals can also be made by your doctor, a health professional (eg psychologist, counsellor) or another service such as a residential rehabilitation service.

Phone 1300 139 641

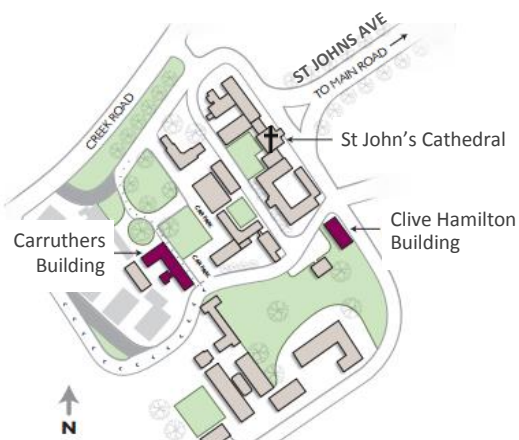
When we receive the referral we will discuss with you how an admission can be arranged.

Admissions are planned and our doctors admit new clients Monday to Friday.

Treatment plans including discharge arrangements are set up prior to your stay.

Location

The Inpatient Withdrawal Unit is located on the ground floor of the Carruthers Building, St Johns Park, New Town. Access is off Main Road via St Johns Ave.



Alcohol and Drug Services

1300 139 641

Inpatient Withdrawal Unit

Ground Floor
Carruthers Building
St Johns Park, New Town
(access off Main Rd via St Johns Ave)

www.dhhs.tas.gov.au/mentalhealth/alcohol_and_drug



Tasmanian Health Service Buildings are smoke-free sites.

Statewide Mental Health Service welcomes feedback from clients, carers and family members to help us improve care. Talk to one of our team or fill in a consumer feedback form.



The Tasmanian Health Service integrates acute, primary and community services. This integration has given service providers the flexibility to ensure people have the best services we can provide, as close as possible to where they live.

Statewide Mental Health Services deliver consumer centred services focused on improving health outcomes. Our services include inpatient facilities and community teams.



Interpreter



Publication No. 2C101

July 2017 / Review July 2021

Alcohol and Drug Services

STATEWIDE MENTAL HEALTH SERVICES

Inpatient Withdrawal Unit

Your guide to our service



TASMANIAN
HEALTH
SERVICE



About the Unit

The Inpatient Withdrawal Unit offers high quality care to help withdraw from alcohol and other drugs.

Your admission will involve a seven to ten day stay at the Unit.

The Unit has ten beds with four shared rooms, one single room and an observation room.

Our service provides:

- medically supervised safe withdrawal
- health education and life skills
- support during the different stages of your recovery process
- stress management and relaxation therapies
- help to develop relapse prevention strategies
- support when dealing with anxiety and/or depression
- discharge planning
- access to TV, movies, 8 ball, table tennis and craft activities; some exercise options are also available.

How the Unit is staffed

The Unit is staffed 24 hours per day, seven days a week by specialist nurses and alcohol and drug workers.

There is 24 hour medical cover with specialist doctors on-site Monday to Friday and available on call after hours.

Information for admission

Prior to admission, you will be given a Client Agreement to read, discuss and sign. The Agreement outlines the rules and operating procedures of the Unit.

To help remain focused on your treatment, the Unit has a “no visitor” policy. You will not be able to make or receive phone calls during your stay.

Some personal items including mobile phones and other electronic devices are not allowed in the unit. These will be returned to you on discharge.

A full list of what you can bring to the Withdrawal Unit will be given to you when your admission is being arranged.

Smoke-free policy

The Inpatient Withdrawal Unit is smoke-free in line with the Tasmanian Alcohol and Drug Service Smoke-Free Policy.



Smoking is not permitted in the treatment facility, including the outdoor courtyard, or even in the grounds.

Giving up smoking at the same time as other substances increases the likelihood of successfully quitting alcohol and other drugs in the long term.

Nicotine Replacement Therapy is available to help quit smoking and a small supply can be given on discharge to assist in remaining smoke-free.

Your privacy

The Inpatient Withdrawal Unit protects your privacy while in our care. Any discussions between you and your doctor, nurse or other health service provider are confidential.

There are some rare situations where personal information may have to be released, which will be explained to you prior to admission.

