

## Alcohol and Drug Services 1300 139 641

### Your care

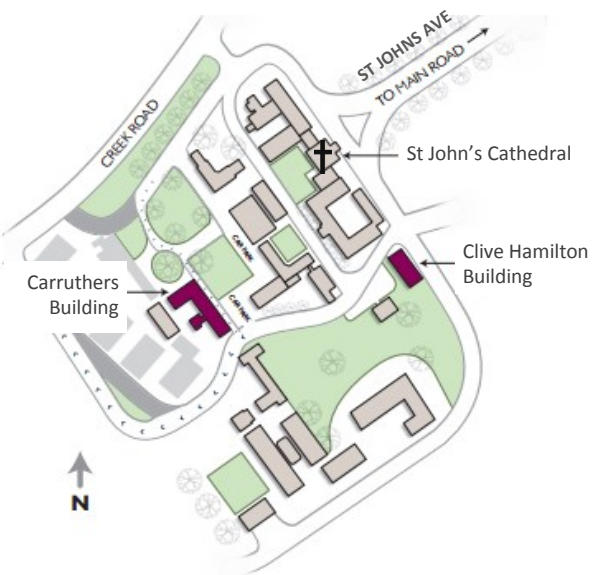
We aim to provide you with a safe place to support you through withdrawal.

If you have any queries about your stay please call us on 03 6166 0788.

### Location

The Inpatient Withdrawal Unit is located on the ground floor of the Carruthers Building, St Johns Park, New Town.

Access off Main Road via St Johns Avenue past St John's Cathedral, then follow road to the left and signs to the Carruthers Building.



## Alcohol and Drug Services

STATEWIDE MENTAL HEALTH SERVICES

## What you can bring to the Withdrawal Unit

### St Johns Park, New Town

### 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](http://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



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TASMANIAN  
HEALTH  
SERVICE





## Your stay at the unit

We understand that an inpatient stay is not easy. We are committed to providing you with a safe place to support you during withdrawal.

This pamphlet lists some items you may like to bring with you to make your stay more comfortable.

We have also listed items that you cannot bring into the unit. This is for the privacy and safety of all clients.

When you arrive for your stay staff will check your luggage and clothing. This is to make sure no banned items are brought into the unit.

If you have any items that are not allowed the staff will securely store them until your discharge. Some banned items may be required to be confiscated or destroyed.

## What am I allowed to bring?

Items you can have at the unit:

- Comfy neat casual clothing, shoes and walking shoes
- Nightwear, slippers, dressing gown etc.
- Personal toiletries such as deodorant and hair products.
- Small change, you can buy soft drink at \$1 per can
- Sealed or unopened food such as sweet or savoury snacks and fruit. Please note that all meals are provided.
- Books, magazines, stationery and DVDs (to be approved by staff on arrival)
- Photos of loved ones (as no contact is allowed while at the unit)
- Craft supplies (limited supply available).

**Please call us if you want to check what you can or cannot bring into the unit on 03 6166 0788.**

## What can't I bring?

Items not allowed in the unit:

- Alcohol or alcohol based products such as perfume, mouthwash
- Tobacco, lighters and matches  
Nicotine replacement therapy is provided if you need it.
- Illicit drugs, inhalants and any medications not authorised by the Alcohol and Drug Services medical staff
- Any items that could be used as a weapon or to self-harm
- Mobile phones
- Multimedia devices including cameras, laptops, tablets, portable DVD players, music players such as iPods
- Electrical appliances that have a cord including hair straighteners, hairdryers, electric shavers (hairdryer and hair straightener available)
- Large amounts of money or valuables.

To help you remain focused on your treatment the unit has a 'no visitor' policy.

For the days you are at the Unit you will not be able to make or receive phone calls.