

## **New stimulant treatment centres open in Melbourne**

The rate of stimulant use in Australia is among the highest in the world, yet relatively few people access treatment. Research shows that people who use stimulant type drugs do not see existing alcohol and drug services as meeting their needs, and most commonly present to a general practitioner with sleep difficulties, anxiety, depression, rather than to reduce their stimulant use, or are attending treatment in crisis or with toxic complications via the ambulance service or emergency department.

To address this treatment gap, two new centres for people who use stimulant type drugs - such as speed, ice and cocaine - have opened in Melbourne.

The Access Point stimulant treatment centres, based at Inner South CHS in St Kilda and at Turning Point Alcohol and Drug Centre in Fitzroy, provide treatment that is short term and based on best available practice. The service is free and open to anyone over 18 years of age who is experiencing mental and/or physical health problems associated with stimulant type drugs. There are no geographic restrictions on access to the service.

A range of services are on offer to people seeking help, including:

- Assessment
- Withdrawal support
- Counselling
- Medical treatment for dependence
- Mental health treatment
- Harm reduction advice and information
- Referral to other health services.

The Access Point stimulant treatment centres are staffed by a multidisciplinary team including a triage nurse, a clinical psychologist, counsellor, addiction medicine specialist and psychiatrists.

A website for the centres [www.accesspoint.org.au](http://www.accesspoint.org.au) provides more detailed information on what the centres offer, as well as a referral form for general practitioners to complete when referring patients for treatment. General information on stimulants and links to useful resources for health professionals are also available on the website.

To make a referral to one of our Access Point stimulant treatment centres contact 1800 757 717. Contact Tracey Brooke on 8413 8408 or email [traceyb@turningpoint.org.au](mailto:traceyb@turningpoint.org.au) to request Access Point brochures for your clinic.

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