



## UTURN

UTURN encourages young people to engage through a series of one to one intensive counselling sessions that are supported by worksheets and activities that are designed to reflect real life issues and pressures. For most young people, the journey of recovery from substance misuse is a process of learning to make better choices. It means understanding the triggers, the effects of alcohol and drug use on themselves and the people around them and how to plan to improve the outcomes of their lives. It's not an easy journey but it helps to understand the process of changing. Every young person changes in their own way but the pattern of change is often similar.

### **Our Vision**

Our vision is a healthy, safe, strong and sustainable Aboriginal community.

## **Emergency Phone Numbers**

### **Alcohol and Drug Support Line**

08 9442 5000

### **Parent and Family Drug Support Line**

08 9442 5050

### **Health Direct (24 hours Service)**

1800 022 222

### **Mental Health Line (24 Hour Service)**

1300 555 788 or 1800 676 822

### **Crisis Care**

08 9223 1111 or 1800 199 008

## **Contact Us**

211 Royal Street, East Perth WA 6004

PO Box 8105 Perth Business Centre WA 6849

Ph: 08 9221 1411

Fax: 08 9221 1585

Web: [www.wungening.com.au](http://www.wungening.com.au)

Email: [mail@wungening.com.au](mailto:mail@wungening.com.au)

## **Open Hours**

Monday - Friday

9:00am - 4:00pm

Appointments welcome outside business hours. Please speak to a counsellor to arrange appointments.



**ALL OUR SERVICES ARE CONFIDENTIAL**