

## [1. DayHab Residential and Outpatient programs](#)

<http://www.dayhab.com.au/> [Tweet](#)

1 out of 5 stars

Australia, VIC Creator: DayHab Last reviewed: 23/01/2019

Review: A therapeutic community offering medically assisted detox, assessment, counselling, skills development and group therapy as a day program or a residential treatment program for people who use drugs and are experiencing addiction issues. Support is also provided to families to re-connect with their family member. Located in Ferntree Gully. The program is closely aligned to the 12 step programs.

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Tags: [12-step programs](#), [Addiction](#), [Alternative treatments](#), [Assessment](#), [Counselling](#), [Detox](#), [Families](#), [People who use drugs](#), [Rehab](#), [Residential treatment](#)

## [2. Alcohol Rehab Centre in Sydney, NSW](#)

### [Alcohol Treatment](#)

<https://www.thecabinsydney.com.au/alcohol-rehab-centre/> [Tweet](#)

0 out of 5 stars

Australia, NSW Creator: The Cabin Sydney

Last reviewed: 16/05/2018

Review: Private addiction treatment centre dealing with substance addictions such as alcohol and other drugs, as well as process addictions such as gambling, sex or compulsive use of the internet. It is a multi-national treatment centre with residential treatment being provided off-shore in Thailand and outpatient services being offered in Sydney. Free, confidential assessments are offered in Sydney. The programs integrate treatment models including core elements of 12-step programs, CBT (Cognitive Brain Therapy) and mindfulness meditation. Self-referrals are possible via telephone or email. NOTE: This is a review of the provider's website and the information on it, not a review of the quality of their services.

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Tags: [12-step programs](#), [Addiction](#), [Assessment](#), [CBT](#), [Email](#), [People who use drugs](#), [Referrals](#), [Residential treatment](#), [Telephone](#)

### [3. The Sanctuary Byron Bay](#)

<http://www.sanctuarybb.com> [Tweet](#)

0 out of 5 stars

Australia, NSW Creator: The Sanctuary  
Byron Bay Last reviewed: 24/01/2018

Review: A private, exclusive residential therapeutic retreat catering for people experiencing issues with addiction including alcohol and other drug or pharmaceutical related disorders, mental health or comorbidity issues. Combines Eastern and Western healing techniques. The point-of-difference with this service is the one-to-one services offered. Programs available for men, women and young people. Also available is an outreach program, an aftercare option, detox facilities, support for families, and 12-step programs where negotiated. NOTE: This is a review of the provider's website and the information on it, not a review of the quality of their services.

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Tags: [12-step programs](#), [Addiction](#), [Aftercare](#), [Alternative treatments](#), [Comorbidity](#), [Consumers](#), [Detox](#), [Families](#), [Men](#), [Mental health](#), [Outreach](#), [Pharmaceuticals](#), [Rehab](#), [Residential treatment](#), [Women](#), [Youth](#)

#### **[4. The Glen](#)**

<http://www.theglencentre.org.au/> [Tweet](#)

0 out of 5 stars

Australia, NSW Creator: The Glen Last reviewed: 28/12/2016

Review: Offers men with alcohol or drug use issues a long-term residential treatment program based on Indigenous values and spirituality.

Access to group work, counselling, farm work and 12-step programs. Caters to Indigenous men but open to others. NOTE: This is a review of the provider's website and the information on it, not a review of the quality of their services.

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Tags: [12-step programs](#), [Addiction](#), [Consumers](#), [Counselling](#), [Indigenous](#), [Men](#), [Rehab](#), [Residential treatment](#)

## **[5. Services - Oakdene House Foundation](#)**

<http://www.oakdenehouse.org.au/services/> [Tweet](#)

5 out of 5 stars

Australia, NSW Creator: Oakdene House  
Foundation Last reviewed: 03/01/2018

Review: A 6 week counselling and group-work program including assessment and peer support based on the 12-step philosophy for people with alcohol or gambling addictions. Aims to dispel myths associated with addiction through education and developing life skills. Services are also offered for families and significant others. Multicultural programs available. Located in Fairfield.

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Tags: [12-step programs](#), [Addiction](#), [Aftercare](#),  
[Consumers](#), [Families](#), [Multicultural](#), [Peer support](#),  
[Rehab](#)

## **[6. Nar-Anon Family Groups](#)**

<http://www.naranon.com.au/> [Tweet](#)

4 out of 5 stars

Australia, National services Creator: Nar-Anon Family Groups Australia Inc Last reviewed: 31/01/2019

Review: An Australia-wide network of support groups for families and friends of drug-dependent people based on the 12-step tradition. Includes personal stories and a national list of meeting times and places. Access to a useful questionnaire that helps to clarify issues affecting family members of consumers with addiction issues.

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Tags: [12-step programs](#), [Addiction](#), [Families](#), [Outreach](#), [Peer support](#), [Rehab](#), [Resources](#), [Self-help](#)

## **[7. Alcoholics Anonymous South Australia](#)**

<http://www.aa-sa.org/> [Tweet](#)

4 out of 5 stars

**Australia, SA** Creator: Alcoholics Anonymous  
South Australia Last reviewed: 20/11/2018

Review: A long-established peer support initiative embracing a 12-step program which encourages men and women recovering from alcohol dependence to develop fellowship, to share their experiences and to encourage abstinence and sobriety. Contact details for SA metropolitan and country meeting locations. Volunteers provide the additional support of a 24 hour telephone helpline service. A new feature of the website is a user-friendly online assessment tool to help individuals decide if they can benefit from the support and fellowship of a local AA meeting.

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Tags: [12-step programs](#), [Abstinence](#),  
[Addiction](#), [Alcohol](#), [Assessment](#), [Helpline](#), [Peer support](#), [Telephone](#)

## **[8. Marijuana Anonymous World Services](#)**

<https://www.marijuana-anonymous.org/> [Tweet](#)

3 out of 5 stars

International Creator: Marijuana Anonymous  
World Services Last reviewed: 03/04/2018

Review: An international 12-step self-help  
fellowship for people dependent on marijuana.

Access to literature, meeting directory for  
Australia, online meetings and forum. Annual  
convention held. Links to recovery apps for use  
on multiple platforms.

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Tags: [12 - step programs](#), [Cannabis](#),  
[Consumers](#), [Events](#), [News](#), [Peer support](#),  
[Rehab](#), [Self-help](#)

## **[9. Habitat Therapeutics](#)**

<https://habtherapy.com.au/> [Tweet](#)

0 out of 5 stars

Australia, VIC Creator: Habitat Therapeutics Last reviewed: 23/06/2018

Review: A private residential rehabilitation program providing detox, individual counselling and group work based on the 12 step philosophy. Programs can be 30, 60 or 90 days in duration with outline of fees.

Reintegration back into the community. NOTE: This is a review of the provider's website and the information on it, not a review of the quality of their services. Based in Geelong.

Tags: [12-step programs](#), [Counselling](#), [Detox](#), [Rehab](#), [Residential treatment](#)

[10. Addiction Rehab Centre | Addiction Recovery | Visible Recovery](#)

<http://www.visiblerecovery.com.au/> [Tweet](#)

0 out of 5 stars

Australia, SA Creator: Visible Recovery Last reviewed: 28/03/2017

Review: Non-residential and residential treatment options for people who use alcohol or other drugs and are being impacted by significant dependence or addiction. Free assessment is offered and self-referral is available. The programs offer detox and rehab based on the 12-steps programs with the addition of comprehensive lifestyle training. Aftercare is available and recommended for those people transitioning from long-term intervention back to community life. The primary intervention facility is located on the southern edge of Adelaide.

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Tags: [12-step programs](#), [Addiction](#), [Aftercare](#), [Assessment](#), [Counselling](#), [Detox](#), [Prevention](#), [Residential treatment](#)

