



ALCOHOL DRUG ASSOCIATION NEW ZEALAND

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**NEWS RELEASE**

**Addiction Treatment Assistance now easily Accessible**

For the first time in New Zealand, a regionalised list of all the addiction treatment and advice services for alcohol, drugs and gambling will be available online and free of charge.

ADANZ (Alcohol Drug Association New Zealand) has compiled the easily accessible Addictions Treatment Directory in response to requests from health professionals and people in our communities who want to access these services. This free service is funded by the Ministry of Health, and is championed by Minister Jim Anderton, Associate Minister of Health.

Anyone in New Zealand who is worried about their or someone else's use of alcohol, drugs or gambling, can look up the directory and find the addiction treatment or advice agency that is nearest to them. They can also find out how to contact that agency, whether by email, phone or mail, and whether you can refer yourself, or whether you need a GP referral or social service agency referral. It also lists if the service is for outpatients, a day programme or residential treatment programme.

"We know that this website will make it a lot easier for people who need addiction treatment services to find out what's available in their town or city," said Cate Kearney, chief executive of ADANZ.

"It will take away some of the fear of making that big step to seek help for their problem, and allow them to think about it in their own time, in privacy," she said.

"Treatment interventions for more recent drugs of addiction, such as P, are fully covered by appropriate services. There is a range of services throughout New Zealand that are highly skilled at helping people with all types of addictions – the big thing is to get those people to make that first call."

The new, free database also meant that health professionals and GPs could have quick and easy access to that information too, including when they were seeing a patient, Kearney said.

"The problem up to now has been that most people with addiction problems didn't know how to get to the nearest available services, or even that they existed," she said.

"This is partly because many of the services have kept a deliberately low profile. The stigma associated with needing to contact an addiction service means that service signage is discrete and the service's presence in the community may be very low key.

"Addiction is just not a subject people talk about, and asking for help is difficult. So access through a website is ideal. People can now, for the first time, find out how to get the help they need, that's nearest to them, in privacy and in their own time – even in the middle of the night if they want to."

**For further information, please phone:  
Cate Kearney, CEO of ADANZ. Phone 03 379 8626 or 021 301 566**

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The ADANZ Addictions Treatment Directory is now online at [www.addictionshelp.org.nz](http://www.addictionshelp.org.nz). A printable copy of the Directory is available also on this website.