



Family Drug Helpline

1300 660 068



FDH

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# Family Drug Help

Family Drug Help (FDH) provides a specialist service to support family members and friends who are concerned about a loved one's alcohol and other drug use. Family Drug Help aims to strengthen clients' physical and mental health and their ability to cope with a very difficult situation.

## ARC

Going round in circles and feeling helpless because they won't change?

## SUPPORT GROUPS

Find Family Drug Help support groups in Victoria.

## BREAKTHROUGH

ICE Education for Families

## SIBLING SUPPORT

Online resources for siblings

## FAMILY COUNSELLING

Need counselling? Find out more

## FAMILY DRUG HELPLINE

Family Drug Helpline. 1300 660 068

## Latest News

**Barwon Health Drugs and Alcohol Services (DAS) NEW Peer Support Group!**

Are you someone with a lived experience of drug and/or alcohol issues and in the process of...

[Read More >](#)

**Win with SHARC and People's Choice Community Lottery!**

SHARC is once again participating in the People's Choice Community Lottery in 2016! SHARC...

[Read More >](#)

## Resources

### Meeting Dates:

**Every Second Tuesday  
6:00pm—8:00pm**

**Frankston Community Health Centre Meeting Room 1**

**Frankston Hospital**

**Hastings Road Frankston**

**May  
3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup>**

**June  
14<sup>th</sup> & 28<sup>th</sup>**

**July  
12<sup>th</sup> & 26<sup>th</sup>**

**August  
9<sup>th</sup> & 23<sup>rd</sup>**

**September  
6<sup>th</sup> & 20<sup>th</sup>**

**October  
4<sup>th</sup> & 18<sup>th</sup>**

**November  
1<sup>st</sup> 15<sup>th</sup> & 29<sup>th</sup>**

**December  
13<sup>th</sup>**



Peninsula Health



Self Help Addiction Resource Centre