



**EDUCATING AND  
EMPOWERING OUR  
COMMUNITY TO MANAGE  
ALCOHOL ADDICTIONS  
AND LEARN TO CONSUME  
ALCOHOL RESPONSIBLY.**



**FIVE  
BRIDGES**

**People use alcohol for multiple and complex reasons including to relax, have fun, dull emotional or physical pain, or to get away from problems or difficulties in their life.**

The misuse of alcohol may lead to a dependence on the substance to cope in certain situations and can have a damaging impact on individuals, families and communities.

It is important to get support if you or someone you know needs help to manage alcohol use.

**Learn more about the Five Bridges Alcohol Support Program:**

Phone: 07 5376 5149

Email: [info@fivebridges.org.au](mailto:info@fivebridges.org.au)

[fivebridges.org.au](http://fivebridges.org.au)



**ALCOHOL  
SUPPORT  
PROGRAM**



**FIVE  
BRIDGES**

## DOES THIS SOUND LIKE YOU?

**Below are some common signs of substance misuse**

- Finding it difficult to meet responsibilities.
- Withdrawing from activities or not enjoying activities that used to provide satisfaction e.g. work, family, hobbies, sports, socialising.
- Taking part in more dangerous or risky behaviours e.g. drink driving.
- Behaviour changes e.g. exhibiting violence behaviour toward others.
- Conflict with partner/family/friends, losing friends.
- Experiencing signs of depression or anxiety.
- Needing more alcohol to experience the same impact, cravings and urges to drink and symptoms of withdrawal when not drinking.
- Having difficulty reducing or stopping drinking alcohol.

**We don't shame participants. We're here to assist participants to live happier, healthier lives**

## HOW WE HELP

The Five Bridges Alcohol Support Program aims to educate and empower our community to ditch the booze, or at least learn to consume alcohol responsibly.

We don't shame participants. We're here to assist participants to live happier, healthier lives through giving you the knowledge and tools to make informed (hopefully good) decisions.

## HOW DOES IT WORK?

Participants attend an initial interview including generalised Alcohol Audit to determine individual support requirements.

## PROGRAM INCLUDES:

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**Weekly 1-on-1 sessions with your case worker**

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**2 x group presentation sessions**

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**Five Bridges can also facilitate additional support referrals as required e.g. detox or rehabilitation based services.**

## WHERE ARE WE LOCATED?

**Maroochydore. However, we provide outreach services with our Sunshine Coast region.**

## TO BE ELIGIBLE FOR THIS PROGRAM YOU MUST:

- Be 18 years or older
- Identify as Aboriginal and/or Torres Strait Islander
- Reside in the Sunshine Coast area
- Identify that alcohol consumption is an issue
- Actively want to engage in services and receive support from a mentor/case worker

