

ResetLife

Intensive Outpatient AOD Treatment



Struggling with alcohol or other drug use? ResetLife may be right for you.
Phone **1800 862 363** (8.30am-4.30pm weekdays).

It is a FREE Alcohol and Other Drug (AOD) treatment program for adults 18 years or older who live or work in South Eastern Melbourne. It is based on the Matrix Model, which has helped thousands of people overcome their struggle with substance use.

ResetLife

ResetLife is an intensive, highly-structured outpatient program that includes individual, group, and family education sessions. The program guides you through real-life situations, giving you information and skills to help you regain control over your drug and alcohol use.

To achieve the most of ResetLife sessions you need to:

- be committed to attend ResetLife three times/week, on time, for four months
- be willing to abstain from all drug use during the course of treatment
- be willing to involve family members or other supports in your treatment
- agree to weekly drug testing

Eligibility

You may be eligible if you:

- are struggling with alcohol or other drug use
- last used drugs or alcohol more than two weeks ago and have no adverse withdrawal symptoms

You may not be eligible if you:

- have a current corrections order, or you are on parole or bail
- are actively involved in another AOD treatment program*
- require detox and/or pharmacotherapy for stabilisation.*

*Please discuss with Access & Referral to determine your eligibility

Your local ResetLife provider is: