



## Important Numbers

- **Drug Info Line** Free Call – 1800 069 700
- **Direct Line** 9416 1818  
Country 1800 136 385
- **Family Help Line** 1300 660 068
- **Royal Women's Hospital** 9344 2000

## INPATIENT METHADONE STABILISATION PROGRAM



### contact details

Women's Alcohol & Drug Service  
 264 Cardigan Street  
 Carlton Victoria 3053  
 Phone 03 9344 3631  
 Fax 03 9344 2719  
 8.30-5.30 monday to friday  
 after hours assistance via RWH  
 emergency department  
[womens.ads@rwh.org.au](mailto:womens.ads@rwh.org.au)

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The Royal Women's Hospital



Women's Alcohol and  
 The Royal Women's Hospital  
 Drug Service Women's



Are you pregnant & using heroin, or other opiates?  
Are you hanging out?  
Is your methadone not holding you?  
***If so, we can help you.***

The Women's Alcohol and Drug Service offers an Inpatient Methadone Stabilisation Program for pregnant women who are using heroin or opiates. This program involves a five

day stay in the Royal Women's Hospital.

Admission is Monday to Friday. The program may be offered after a discussion with a Women's ADS staff member to work out your individual needs.

### What is offered:

- ❑ Information and advice
- ❑ Support and advocacy
- ❑ Drug and alcohol counselling
- ❑ Group sessions
- ❑ Obstetric and midwifery care
- ❑ Linking into pregnancy care services
- ❑ Referrals to methadone prescribers and community supports

### Group session topics:

- ❑ Pregnancy and methadone
- ❑ Making changes in your lifestyle
- ❑ Back care and exercise in pregnancy
- ❑ Child birth education
- ❑ Harm minimisation
- ❑ Better eating for pregnancy
- ❑ Stress management and relaxation