needle & syringe programs:
your questions answered
Needle and Syringe Programs have been one of the major public health success stories. However, some people are still uncertain about their role. This booklet provides answers to some of the most frequently asked questions about Needle and Syringe Programs. More detailed information is provided in the other booklet in this Kit - *needle & syringe programs: a review of the evidence*

To obtain copies of the Needle and Syringe Program Information Kit contact: phd.publications@health.gov.au or phone 1800 020 103 extension 8654. The Information kit is also available online. Go to http://www.health.gov.au and enter needle and syringe program information kit in the search field.

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Why are Needle and Syringe Programs necessary?

Needle and Syringe Programs are an important public health measure. These Programs have prevented people from sharing injecting equipment and have thus prevented the spread of HIV among people who inject drugs.

This has meant that in Australia, HIV infection is very rare among both injecting drug users and the wider community. In some countries, such as the United States and parts of Europe, where Needle and Syringe Programs were not established in time, HIV spread rapidly among injecting drug users and to the wider community through sexual contact. In Australia, the level of HIV infection among people who inject drugs has remained around 1%, compared to other countries with levels over 50%.

Needle and Syringe Programs reduce HIV infection among drug injectors. This means that when people stop injecting drugs, as most do, it is more likely that they will be HIV negative.

- Needle and Syringe Programs have prevented thousands of cases of HIV and hepatitis C infection among people who inject drugs and in turn have protected the wider community.

The Australian National Council on Drugs (ANCD) strongly supports Needle and Syringe Programs. Evidence clearly indicates that these programs make a significant contribution to preventing the spread of HIV/AIDS and other blood borne viral infections.

The ANCD recognises that Needle and Syringe Programs can be a unique referral point into drug treatment services for people involved in drug use, and as a result continues to endorse the Australian Government’s commitment to expanding and enhancing Needle and Syringe Programs and to creating further linkages with treatment, counselling, education and other support services.
Why are people who inject drugs provided with sterile needles and syringes?

Government and non-government organisations provide people who inject drugs with access to needles and syringes to prevent the transmission of HIV and hepatitis C infections. Australian Governments invested $130 million in Needle and Syringe Programs between 1991 and 2000. This resulted in the prevention of an estimated 25,000 cases of HIV and 21,000 cases of hepatitis C. The savings to the health system in avoided treatment costs over a lifetime are estimated to be between $2.4 and $7.7 billion.

- Government and non-government organisations provide Needle and Syringe Programs to prevent the spread of HIV and hepatitis C infections.
- Needle and Syringe Programs have saved thousands of lives.
- The savings to the healthcare system in avoided treatment costs for HIV alone is more than 20 times the cost of running Needle and Syringe Programs.

Our pharmacy has been operating as a Needle and Syringe Program for over sixteen years. When I first started working at Sharpe’s I was surprised by the wide spectrum of people who requested injecting supplies. My idea of what an injecting drug user would look like and how they would behave was really challenged. We run our business based on respect and try to treat all our clients with concern for their health, and that includes allowing them to have access to sterile injecting supplies if they choose to use drugs intravenously. We make it clear to our clients that we are available to talk about drug issues and to refer them to appropriate support if they want that. I feel that often a friendly, non-judgemental attitude fosters a positive relationship with clients and can give them the confidence to look at their health choices and make changes in their lives.

Chris Ireland
Partner in Sharpe’s Pharmacy, Darlinghurst, Sydney.
Are Needle and Syringe Programs legal?

Legislation was amended to allow needle and syringe programs to operate when governments realised the need to provide sterile injecting equipment to reduce the spread of HIV and hepatitis C. Generally, each state and territory allows authorised Needle and Syringe Programs and pharmacies to provide needles and syringes. Health services wanting to provide a Needle and Syringe Program must be approved by the Minister for Health or an approved delegate of the Health Department in their state or territory. Once approval has been given a service can only operate under strict conditions. In all states and territories, except Western Australia, it is not an offence for people to be in possession of needles and syringes. However, the possession and use of illicit drugs remains a crime throughout Australia.

Needle and Syringe Programs work collaboratively with police departments in every state and territory to develop effective working relationships at a local level. Police can enter Needle and Syringe Programs at any time and are able to approach or apprehend clients. However, discretion is used to ensure that the Needle and Syringe Program can operate effectively.

- Needle and Syringe Programs are legal in every state and territory and are strictly regulated.
- Centres need authorisation from the Minister for Health or an approved delegate of the Health Department before starting a Needle and Syringe Program.
- Needle and Syringe Programs work collaboratively with police departments in every state and territory.

The New South Wales Police acknowledge the significant public health benefits and cost savings of Needle and Syringe Programs. The Police support a harm minimisation approach to illicit drugs and Police policy reflects the need to consider the operation of Needle and Syringe Programs. Guidelines recommend Police officers be mindful of unwarranted patrols around Needle and Syringe Programs which could deter people from attending. However, the Programs are not a ‘no go’ area for Police. It is vital that Police and Needle and Syringe Programs continue to develop positive and productive relationships to ensure a safe environment for the community, Needle and Syringe Program outlets, their clients and Police.

New South Wales Police
What services do Needle and Syringe Programs offer?

Needle and Syringe Programs provide injecting equipment, education and information on reducing drug use and referral to drug treatment, medical care and legal and social services. Staff can also provide condoms and safe sex education.

Equipment supplied at Needle and Syringe Programs includes needles and syringes, swabs, vials of sterile water and 'sharps bins' for the safe disposal of used injecting equipment. Needle and Syringe Programs are also an important point for collection of used injecting equipment.

Needle and Syringe Programs provide support services to families of people who inject drugs.

Needle and Syringe Programs do not supply drugs or allow people to inject drugs on the premises.

- Needle and Syringe Programs provide injecting equipment, education and information on reducing drug use and referral to drug treatment, medical care and legal and social services.
- Needle and Syringe Programs are an important point for collection of used injecting equipment.
- Needle and Syringe Programs provide support services to families of people who inject drugs.

The families of people who inject drugs would prefer that they did not. However, families coping with drug use have realised this is not always possible in the short term. Family members of drug users see first hand the problems associated with drugs. Infection from blood borne diseases is a real threat to the health of injecting drug users, which the Needle and Syringe Program helps to reduce. Family Drug Support assists many families, and most that we talk to really appreciate the value and necessity of the Needle and Syringe Program. Frequently, people report the positive way family members are treated by Needle and Syringe Program workers when they ask for advice or referral to other services. Needle and Syringe Programs are often a stepping stone to very positive outcomes. Family Drug Support is pleased to endorse this vital public health and community safety initiative.

Tony Trimingham
Executive Officer, Family Drug Support
Is there an age limit for clients at Needle and Syringe Programs?

There is no minimum age for people attending a Needle and Syringe Program. However, Needle and Syringe Program workers must counsel minors and actively encourage them into health services and treatment.

The average age at which injecting drug users commence injecting is 18. Therefore, it is vital that young people are given access to Needle and Syringe Programs. The arrangements for dealing with minors seeking injecting equipment vary among the states and territories. In some jurisdictions, there are mandatory notification requirements so that workers have to report minors attending Needle and Syringe Programs to the Department of Community Services.

Needle and Syringe Program training varies between the states and territories however it does outline the importance of linking young people to health services including drug and alcohol programs.

- Young people need the same protection from HIV, hepatitis C and hepatitis B as adults.
- Needle and Syringe Program workers undergo training on identifying and responding to young injecting drug users.

Needle and Syringe Programs have played a significant part in the reduction of blood borne viral infections in Australia for over two decades. Needle and Syringe Programs are a success story but remain under-appreciated by the general population. The people who work in these programs are real heroes and deserve to be recognised. Countless lives saved, much suffering averted, we support these programs passionately.

Wesley Noffs - Ted Noffs Foundation
Providing services to young people with drug and alcohol problems.
**Who works at Needle and Syringe Program outlets?**

Needle and Syringe Program workers generally include registered nurses, pharmacists, social workers and counsellors experienced in working with drug users and the wider community. Authorised doctors and health workers may also distribute needles and syringes.

Specialised training is important for all workers at Needle and Syringe Programs. In most Australian jurisdictions this includes education about the public health benefits of Needle and Syringe Programs, harm minimisation, transmission of HIV, hepatitis C and hepatitis B, drug use, referral and communication skills. Annual refresher courses and training on specific topics are also part of professional development. A National Meeting of Needle and Syringe Program Workers is held every two years as an opportunity for workers to share information, gain new knowledge and discuss emerging issues.

A number of Needle and Syringe Programs have 'peer-based' components. In peer-based programs, people with experience of drug use are employed to develop and deliver services to people who inject drugs. Peer-based services have had a significant and positive impact on the delivery, reach and acceptability of Needle and Syringe Programs to injecting drug users.

- Needle and Syringe Program workers include registered nurses, pharmacists, social workers and counsellors experienced in working with drug users and the wider community.

- Authorised doctors and health workers can also distribute needles and syringes.

*It makes me feel good to talk to people who don’t judge me and are willing to listen. Otherwise I’d never have had the confidence to go through detox and rehab. They listened to my situation and got me a detox that understood my needs.*

**Chrissy**

**Needle and Syringe Program client**
Wouldn’t it be better to stop people using drugs, rather than give them needles and syringes?

Despite education about the harms associated with drug use and information on drug treatment programs many people will continue to inject drugs. One of the major risks associated with injecting drugs is HIV and hepatitis C infection. Needle and Syringe Programs are one of the main strategies we have to prevent the spread of HIV infection among people who inject drugs. The aim of Needle and Syringe programs is to reduce the harms associated with drug injecting and benefit both drug users and the wider community.

Needle and Syringe Programs also provide counselling services and actively encourage clients into drug treatment programs.

- Many people will continue to inject drugs despite education about the harms of drug use and information on treatment.
- Needle and Syringe Programs reduce many of the harms associated with injecting drug use by providing sterile injecting equipment.
- Needle and Syringe Programs refer drug users to treatment programs.

Unlike many other parts of the world Australia has been very proactive in controlling the spread of HIV and other blood borne viruses amongst injecting drug users. About 1% of injecting drug users in Australia has HIV. This success can be attributed to the implementation of the Needle and Syringe Program which has been hailed as the foundation of Harm Minimisation and helped control HIV. We Help Ourselves continues to support Needle and Syringe Program initiatives.

Garth Popple
We Help Ourselves, Therapeutic Communities.
Will the distribution of needles and syringes increase injecting drug use?

Needle and Syringe Programs are established in areas where injecting drug use is already occurring. No study has ever found that the introduction of a Needle and Syringe Program contributed to increased levels of injecting drug use. In fact, studies have reported decreases in drug use following the introduction of Needle and Syringe Programs because they act as a referral point for clients wanting to begin drug treatment.

In Australia, the proportion of the population who reported having recently injected drugs remained stable between 1995 and 2001 and decreased in 2004. If Needle and Syringe Programs encouraged injecting drug use, it would be expected that, all other factors remaining equal, the proportion of the population who reported having recently injected drugs would have increased rather than decreased.

A World Health Organization review concluded that Needle and Syringe Programs do not encourage more frequent injection of drugs or increase the recruitment of new injecting drug users. Injecting drug users who attend Needle and Syringe Programs are more likely to reduce or stop injecting drugs than those who do not attend.

- There is strong evidence that Needle and Syringe Programs do not increase injecting drug use.

- Needle and Syringe Programs refer clients into drug treatment services.

The Aboriginal Drug and Alcohol Council (SA) fully supports Needle and Syringe Programs. Without these Programs we believe we would see a catastrophic rise in blood borne viral infections amongst Indigenous people. Needle and Syringe Programs are essential harm minimisation tools that from our point of view are stepping stones to abstinence. We see Needle and Syringe Programs as being readily accessible by community members who do inject drugs. We are fully supportive of any Needle and Syringe Programs that can address these issues.

Scott Wilson
Director, Aboriginal Drug and Alcohol Council (SA) Inc.
Why do some drug users throw their needles and syringes away?

Some drug users inject in public places like toilets because they are young, homeless, or are very dependent on drugs and inject immediately after buying them. Drug users may also throw their injecting equipment away because they fear the police could use this equipment as evidence of drug use and arrest them. However, just as the vast majority of people do not litter, most people who inject drugs dispose of their used needles and syringes safely.

Some large cities have 'hot spots' where drug use and dealing are more visible. People who come from other areas to buy drugs may dispose of their equipment inappropriately which makes the problem of discarded needles and syringes in hot spots worse. Needle and Syringe workers visit many hot spots to collect discarded injecting equipment.

- Needle and Syringe Programs collect used injecting equipment and encourage clients to dispose of used needles and syringes safely.
- Inappropriate disposal of needles and syringes is a problem in some areas but Needle and Syringe Programs can help alleviate this.

Needle and Syringe Programs play a vital public health role by undertaking two important functions: Distributing sterile injecting equipment, condoms, lubricant and other consumables; and providing information on various issues including sexually transmissible infections, blood borne viruses and referrals to specialist services. The success of Needle and Syringe Programs lie in the fact that they provide an immediate, confidential and anonymous service that has significantly reduced the spread of blood borne viruses.

Access Health
Salvation Army Primary Health Services, Victoria.
Do Needle and Syringe Programs increase discarding of used needles and syringes?

Studies conducted in Australia and overseas have found there is no increase in the discarding of used needles and syringes following the introduction of Needle and Syringe Programs.

Needle and Syringe Programs help reduce the number of improperly discarded needles and syringes by providing disposal bins and containers, educating clients about safe disposal and by clearing discarded injecting equipment from areas where injecting drug use occurs.

All Needle and Syringe Programs accept needles and syringes from the public regardless of whether or not they are clients. This means that if people with diabetes and other medical conditions do not have access to disposal facilities through Diabetes Australia, community pharmacies or local councils, they can dispose of used needles and syringes at Needle and Syringe Programs.

Studies show that most injecting drug users do not discard used needles and syringes in public areas.

Some pharmacies and syringe vending machines provide injecting equipment in special containers or Fitpacks™ which double as disposal containers. The containers have an internal moulded flap which ‘lock in’ used needles and syringes, preventing both re-use and inappropriate disposal.

- Needle and Syringe Programs help decrease the number of improperly discarded needles and syringes.
- All members of the community can dispose of used injecting equipment at Needle and Syringe Programs.
- Most injecting drug users dispose of needles and syringes safely.

The Australian Medical Association supports Needle and Syringe Programs as one of a number of measures which prevent the spread of HIV and other blood borne diseases.

What is the government doing about discarded needles and syringes?

Responsibility for dealing with discarded injecting equipment varies in each state and territory. Many have employed a partnership approach to this issue. Agencies which work together include state and territory health departments, local and non-local government organisations, pharmacies, drug and alcohol services, drug user organisations and Police.

Several measures have been introduced to reduce the number of discarded needles and syringes. Needle and Syringe Program workers encourage clients to dispose of injecting equipment safely and visit areas where drug use is occurring to collect discarded injecting equipment. Needle and Syringe Programs will also respond to telephone calls from the general public to collect discarded injecting equipment.

Most jurisdictions operate Needle Clean Up Hotlines which members of the public can telephone for information on how to remove needles and syringes from public places. Generally, these hotlines operate 24 hours and can arrange for the collection and disposal of needles and syringes within 48 hours. A list of contacts can be found at the back of this booklet. Alternatively, local councils may provide this service. Some local councils have installed special syringe disposal bins in public spaces and commercial premises and encourage pharmacies to receive used needles and syringes. Sydney, Brisbane, Melbourne and many other cities across Australia have introduced plans to manage inappropriately discarded needles and syringes and have increased the number of disposal bins in areas where injecting drug use occurs. The installation of needle and syringe disposal bins does not encourage drug use but it does significantly reduce inappropriate disposal.

All states and territories have litter management legislation that makes it an offence to discard needles and syringes in public areas.

- The public can telephone a Needle Clean Up Hotline or local council for information on how to remove needles and syringes from public places.
- Needle and Syringe Programs provide disposal facilities and encourage drug users to dispose of used injecting equipment properly.
- Dedicated disposal bins reduce needle and syringe litter without encouraging drug use.
Why aren’t retractable needles and syringes available to injecting drug users?

There has been much debate around the use of retractable needles and syringes by injecting drug users in response to community concerns about the risk of injury (including the risk of blood borne virus transmission) from inappropriately discarded needles and syringes in public places.

The current retractable needle and syringe technology available is aimed at use in the clinical setting. When used by injecting drug users the technology was found to have limitations. Until these technical limitations are addressed, retractable needles and syringes are not suitable for use by injecting drug users.

- There is currently no retractable needle and syringe available that is suitable for use by injecting drug users.

The Pharmacy Guild of Australia will continue to support the Needle and Syringe Program so as to reduce harm from illicit drugs use in Australia. The Guild is committed to examining all options to protect both injecting drug users and the wider community from blood borne disease associated with unhygienic injecting practices such as syringe sharing and unsafe disposal.
I have found a needle and syringe near my home, what should I do?

The recommended way to dispose of a discarded needle and syringe varies between states and territories in Australia. If you do find a needle and syringe the preferred option for disposal is to contact the Needle Clean Up Hotline or local council in your area. They will usually arrange for the needle and syringe to be collected within 48 hours. A list of contacts can be found at the back of this booklet.

If you find a needle and syringe and want to dispose of it yourself, find a hard plastic container with a screw top (such as a plastic juice, milk or soft drink bottle). Take the container to the syringe. Keep away from the sharp end of the needle. Carefully pick up the syringe by the barrel. Do not replace the cap on the needle. Needle point first, put the syringe in to the container and seal it tightly. Ring the Needle Clean Up Hotline or local council in your area to arrange for the container to be collected. Alternatively, you can put the container with the needle and syringe inside in to a syringe disposal bin if one is nearby.

Do not put needles and syringes down toilets or drains as they will end up in the waterways or on beaches.

Do not put needles and syringes in household waste or recycling bins.

Tell children not to touch or pick up needles and syringes and to always call an adult for help.

If you find a needle and syringe the preferred option for disposal is to contact the Needle Clean Up Hotline or local council in your area.

If you find a needle and syringe and want to dispose of it yourself:

- Take a hard plastic container with a screw top and place it on the ground beside the needle and syringe.
- Keeping away from the sharp end of the needle, carefully pick up the syringe by the barrel.
- Needle point first, put the syringe in to the container and seal it tightly.
- Place the container in a needle and syringe disposal bin if there is one nearby or contact the Needle Clean Up Hotline or local council in your area.
If you tread on a needle and syringe in the park, should you have an HIV or hepatitis C test?

If a person sustains an injury from a discarded used needle in the community it usually causes a great degree of anxiety and distress. The main fear is that the injury caused by the discarded used needle may result in infection with HIV or hepatitis. The risk of acquiring these infections is extremely low. This is because HIV, hepatitis C and hepatitis B do not survive long outside the body. Most needles and syringes found in the community setting have been discarded for some time.

To date, there are no published reports of HIV, hepatitis C or hepatitis B infection being acquired by a member of the public after injury from a discarded used needle in the community in Australia. If you do tread on a needle and syringe, don’t panic, the risk of infection is extremely low. Wash the affected area with warm soapy water, apply antiseptic and cover with a band-aid. Contact your doctor or local community health centre for confidential advice. Ask for information about a tetanus shot.

- There are no published reports of HIV, hepatitis C or hepatitis B infection being acquired by a member of the public after injury from a discarded used needle in the community in Australia.
- Don’t panic if you do tread on a needle and syringe. Wash the area with warm soapy water, apply antiseptic and cover with a band-aid.
- Contact your doctor or local community health centre for advice. Ask for information about a tetanus shot.

The Pharmaceutical Society of Australia supports Needle and Syringe Programs as a means of reducing the rate of transmission of blood borne viruses and minimising the harmful effects of illicit drug use to users and the community.
Do people with diabetes have to pay for needles and syringes when people who inject drugs can get free equipment?

People with diabetes can access free needles and syringes as part of the National Diabetic Services Scheme. To register for the scheme, people with diabetes can contact the Diabetes Australia Office in their state or territory. There is a contact list at the back of this booklet. Diabetes Australia will also be able to inform people with diabetes where they can dispose of their used needles and syringes.

If people with diabetes and other medical conditions do not have access to disposal facilities through Diabetes Australia, community pharmacies or local councils, they can dispose of used needles and syringes at Needle and Syringe Programs.

Where can I find more information about Needle and Syringe Programs and drug and alcohol related issues?

At the back of this booklet is a contact list of organisations and services which provide information on Needle and Syringe Programs and drug and alcohol related issues.

The other booklet in this kit, 'Needle and syringe programs: A review of the evidence', provides more detailed information about Needle and Syringe Programs.
Authors
Dr Kate Dolan, Mr Paul Dillon and Mr Edmund Silins.

Contacts

Aboriginal Drug and Alcohol Council
Provides information on programs to reduce the harm related to substance misuse in Aboriginal communities.
Phone 08 8362 0395

Association for Prevention and Harm Reduction Programs Australia (Anex)
Anex is the national organisation representing Needle and Syringe Programs and advocates on behalf of the sector, encouraging best practice through events, publications and training.
http://www.anex.org.au
Phone 03 9486 6399

Australian Drug Information Network (ADIN)
ADIN provides Australian and international alcohol and drug information.
http://www.adin.com.au

Australian Injecting and Illicit Drug Users League (AIVL)
AIVL is the national peak organisation representing the State and Territory drug user organisations and issues of national significance for people who use or have used illicit drugs.
http://www.aivl.org.au
Phone 02 6279 1600

Diabetes Australia
Provides information on diabetes and the National Diabetes Services Scheme.
Phone 1300 136 588

Family Drug Support (FDS)
FDS provides information for the families of drug users on all aspects of illicit drugs and alcohol. It is primarily made up of volunteers who have experienced first hand family members with drug dependency.
http://www.fds.org.au
Phone 1300 368 186 (24 hours)
**Australian Capital Territory**

**SHARPS Hotline**  
Provides information about removing discarded needles and syringes from public places.  
Phone 13 2281

**Alcohol and Drug Program**  
Provides advice, referral or counselling about alcohol and other drug use.  
Phone 02 6207 9977

**New South Wales**

**Needle Clean Up Hotline**  
Provides information about removing discarded needles and syringes from public places.  
Freecall 1800 633 353

**Needlestick Injury Hotline**  
Provides information about what to do after a needlestick injury.  
Freecall 1800 804 823

**Alcohol and Drug Information Service (ADIS)**  
ADIS provides information, counselling, referral and advice to anyone concerned about their own or another’s alcohol or other drug use.  
Phone 02 9361 8000 Freecall 1800 422 599

**Northern Territory**

For information about removing discarded needles and syringes from public places phone the local council in your area.

**Amity Community Services**  
Provides a range of services which assist individuals in the community to choose healthy lifestyles and develop healthy living conditions, particularly in relation to drug use and other habit forming behaviours.  
http://www.amity.org.au/  
Phone 08 8981 8030 Freecall 1800 629 683
**Northern Territory cont**

Northern Territory AIDS and Hepatitis Council (NTAHC)
NTAHC provides information on Needle and Syringe Programs, HIV, hepatitis B, hepatitis C and other sexually transmissible infections.

Phone 08 8941 1711 Freecall 1800 880 899

**South Australia**

Needle Clean Up Hotline
Provides information about removing discarded needles and syringes from public places.

Phone 1300 131 340

Alcohol and Drug Information Service (ADIS)
ADIS provides information, counselling, referral and advice to anyone concerned about their own or another’s alcohol or other drug use.

http://www.dassa.sa.gov.au
Phone 1300 131 340

**Queensland**

Clean Needle Helpline
Provides information about removing discarded needles and syringes from public places and information about what to do after a needlestick injury.

Freecall 1800 633 353

Alcohol and Drug Information Service (ADIS)
ADIS provides information, counselling, referral and advice to anyone concerned about their own or another’s alcohol or other drug use.

Phone 07 3236 2414 Freecall 1800 177 833
Tasmania

For information about removing discarded needles and syringes from public places phone the local council in your area.

Alcohol and Drug Information Service (ADIS)
ADIS provides information, counselling, referral and advice to anyone concerned about their own or another’s alcohol or other drug use.
Freecall 1800 811 994

Needle Availability Program (NAP)
Provides information about Needle and Syringe Programs.
Phone 03 6233 3509

Victoria

Victorian Syringe Disposal Helpline
Provides information about removing discarded needles and syringes from public places.
Freecall 1800 552 355

Drug and Alcohol Directline
Provides advice, referral or counselling about alcohol and other drug use.
Freecall 1800 888 236

Western Australia

For information about removing discarded needles and syringes from public places phone the local council in your area.

Alcohol and Drug Information Service (ADIS)
ADIS provides information, counselling, referral and advice to anyone concerned about their own or another’s alcohol or other drug use.
http://www.dao.health.wa.gov.au
Phone 08 9442 5000 Freecall 1800 198 024