

Your recovery

“Recovery is a personal journey of discovery. It involves making sense of, and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals.”

– Perkins et al. 2012

What our clients have said



“Odyssey not only helped me get off drugs but also supported me to deal with the real problems behind my drug use.”

“I am extremely happy with the counselling service and highly recommend it to anyone who has alcohol and/or other drugs problems.”

“Odyssey staff were always helpful and supportive; I could trust them.”

“The staff at Odyssey made me feel important and treated me with respect.”

Since 1977, Odyssey House NSW has been providing hope and inspiring positive change for individuals affected by the complexities of alcohol and other drugs.

**ODYSSEY HOUSE COMMUNITY SERVICES
CENTRAL EASTERN SYDNEY**

1800 397 739

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Community Services

COUNSELLING

ALCOHOL & OTHER DRUGS



ODYSSEY HOUSE

Community Services

Odyssey House Community Services offers a diverse range of non residential programs and services for those affected by the complexities of Alcohol and Other Drugs.

These programs include: Counselling, Alcohol and Other Drugs Recovery Group Stage 1 & 2, Mental Health Recovery Group Stage 1 & 2 and Specialised Recovery Groups.

At Odyssey House NSW we understand the challenges that may be impacting the life and health of individuals, their friends, family and the wider community.

Our experienced team offers free individual and group counselling, support, information and education to people who are concerned about their own or a loved one's drug and/or alcohol use and the impact on their Mental Health.

Our Vision

A world free of addiction.

Our Mission

To build safe and healthy communities by reducing the impact of addiction on individuals, families, carers and communities.

Our Values

- Professionalism
- Creativity
- Respect
- Integrity

ODYSSEY HOUSE COMMUNITY SERVICES
1800 397 739

Phone our Assessment Team today to find out more about our services and program options that will support and assist you in your recovery journey.



Free counselling

Odyssey House Community Services provides free counselling to those seeking assistance and support for alcohol and other drug issues.

Our qualified counsellors will support you to take one step at a time, at your own pace. We recognise that recovery is a journey that often takes two steps forward and one step back. Together, our counsellors will assist you in developing your own personalised recovery plan to meet your individual needs.

Individual & Group Counselling & Support

We provide both individual and group counselling and support to those accessing our services to achieve their recovery goals and live self-fulfilling lives free from the impact of alcohol and/or other drug misuse.

Family Counselling & Support

As well as providing counselling to those with alcohol and other drug issues, we also offer support to family members or friends living with those who are affected by the complexities of alcohol and other drugs.

Counselling services

Counselling services provided free of charge include:

- Face-to-face and phone Counselling.
- Group Counselling, Recovery Group Programs and Specialised Groups.
- Support to those recovering from both Mental Health and alcohol and other drug issues.
- Support and advocacy in accessing residential Detox and Rehabilitation programs.
- Providing you with recovery information, advocacy and linking you to service providers.

Qualified team

The Odyssey House Community Services team provides professional service and assistance.

Qualified counsellors and psychologists will guide you through your recovery in a safe and supportive environment, delivering a high level of care.