

### What does it mean to have a banned drinker order (BDO)?

#### Can I drink alcohol?

No. You cannot purchase, possess or consume any alcohol for the period of the BDO.

#### Can other people give me alcohol?

No. People who give alcohol to someone subject to a BDO may be charged with a criminal offence, fined and placed on the BDR for 12 months.

#### Can I change how long I have a BDO for?

If you complete a therapeutic support program you can apply to reduce your BDR registrar or police-issued BDO. Contact the BDR office to discuss a reduction to your BDO.

### Getting help:

- If you want to change the problems you are having with alcohol, you can get help.
- Some people need a safe place to stop drinking, this might be at a withdrawal place or a residential program.
- Some people need someone to talk to such a counselling service.

### Counselling and support services:

#### East Arnhem Alcohol and Other Drugs Service

Alcohol and other drugs assessment and information.

P: 08 8987 0281

First Floor, Government Centre, First Street, Nhulunbuy NT 0850

#### Miwatj Health Aboriginal Corporation

An Aboriginal primary health care service in the East Arnhem region. Services include alcohol and other drugs and social and emotional wellbeing programs.

P: 08 8939 1900

Lot 1425 Arnhem Road, Nhulunbuy NT 0880

[www.miwatj.com.au](http://www.miwatj.com.au)

### Withdrawal services:

#### Gove District Hospital (GDH)

GDH can provide medical supervision and monitoring of inpatients withdrawing from alcohol and other drugs.

P: 08 8987 0211

Matthew Flinders Way, Nhulunbuy NT 0880

### Self-help groups:

#### Alcoholics Anonymous

P: 1300 222 222

[www.aa.org.au](http://www.aa.org.au)

## Resources:

**SMART Recovery**

[www.smartrecoveryaustralia.com.au](http://www.smartrecoveryaustralia.com.au)

**Positive Choices**

[www.positivechoices.org.au](http://www.positivechoices.org.au)