

reconneXion

Treating benzodiazepine dependency, anxiety, insomnia, and depression

a service of **each**

**Benzodiazepine
dependency
counselling**



**Secondary
consultations**

**Telephone
support
service**



**Group
counselling
programs**



What we do....

Free one-to-one counselling

For people with benzodiazepine and z-drug dependency we provide longterm counselling to support withdrawal and address underlying issues. This is delivered face-to-face or via telehealth. Our treatment plans are tailored to the needs of each client and are developed in consultation with the prescriber (e.g., GP) - all at no cost to the client.

Benzodiazepine Support Line

Confidential support and information about Benzodiazepine and managing withdrawal.

Phone: 1300 273 266



Better Sleep Program

A **free** online program aimed at addressing the issue of poor sleep in the Victorian community.

Peer Support Program

A **free** 8-week program for people with lived experience of benzodiazepine withdrawal to support each other.

Secondary consultations

We provide professional education and secondary consultations to services and healthcare providers working with dependent clients.



Research and Advocacy

Reconnexion contributes to, and actively promotes, the evidence-based treatment of benzodiazepine dependence and safe deprescribing.

Anxiety & Depression Private counselling

We also offer **fee-for-service** counselling with a GP referral to see our team of Psychologists.

Access to counselling

Malvern East

Benzodiazepine Support and
Anxiety and Depression Support

Melton

Anxiety and Depression Support

Phone: 1300 273 266

Reconnexion

Malvern East

1939 Malvern Road,
Malvern East, 3145

Melton

Unit 4, 211 Barries Road,
Melton West, 3337

Email: info@reconnexion.org.au

Phone: 1300 273 266

Fax: 9886 0650

Hours:

Monday - Friday

9:00am - 5:00pm



1300 273 266

No Referral required

As a Victorian Department of Health funded service there is **NO Cost** to the client

Simply go to the form below via the QR code or contact us directly on 1300 273 266.

www.reconnexion.org.au

