

# Nana Muru

FREE ALCOHOL AND OTHER DRUGS  
REHABILITATION SERVICE

Are you struggling with drugs  
or alcohol?

Is it affecting your life,  
family, work or wellbeing?

Nana Muru “Better Road” is here to support you. Nana Muru is a free day withdrawal support service based in Nowra, with mobile outreach to surrounding communities. We offer a safe space where you can talk about the issues that matter to you.

## We offer:

- ▶ Detox supported by a GP and nurse
- ▶ Day Groups
- ▶ Individual counselling and support
- ▶ Specialist medical and clinical support
- ▶ Links to other community/cultural support
- ▶ Aftercare and relapse prevention.

We work with you to achieve your goals.

## Accessing our services

Our mobile service visits the communities of Jervis Bay, St Georges Basin, Sanctuary Point and Nowra, as well as surrounding areas.

We come to you.

Referral is easy. You need to be over 18 years and living in south eastern NSW. You can self-refer at [www.liveslivedwell.org.au](http://www.liveslivedwell.org.au), or be referred by another person or organisation.

Address: **78 Bridge Road, Nowra**

Email: **NanaMuru@liveslivedwell.org.au**

Phone: **1300 727 957**

*Lives Lived Well acknowledges the Traditional Custodians, the Wandj Wandian people of the Yuin Nation, of the land on which Nana Muru services and pay our respects to Elders past, present and emerging.*



This service is funded by

