

## What Is Food Security??

*“The state in which all persons obtain a nutritionally adequate, culturally acceptable diet at all times through local non-emergency source”*

(Community Food Security Coalition 1995).

Many things can affect you from having enough food, including:

Finances, Health Problems, Drug & Alcohol Issues, Transport, Cultural Barriers, Social Isolation or Cooking Skills & Knowledge.

Please refer to the brochures in this series for help in any of these areas.



*Improving Food Access*



# BUTT OUT THE BINGE

*Overcoming Drug & Alcohol Barriers to Improve Your Access to Food*



*Improving Food Access*

## DRUG AND ALCOHOL SERVICES

City of Glen Eira

**Bentleigh Bayside Community Health**  
Ph. 9575 5333

**Self-Help Addiction Resource Centre (SHARC)**  
Ph. 9573 1700

**Alcoholics Anonymous (Elsternwick, Glen Huntly, Murrumbeena)**  
Ph. 9429 1833

City of Stonnington

**Caulfield Community Health Service**  
Ph. 9076 6666

**Salvation Army Health Information Exchange**  
Ph. 1800 627 727

**Windana Alcohol and Drug Recovery**  
Ph. 9529 7955

**South East Alcohol and Drug Services**  
Ph. 8792 2330

**Smoking Cessation Support**  
Ph. 9525 1300

City of Port Phillip

**Inner South Community Health Service**  
Ph. 9525 1300

**Smoking Cessation Support**  
Ph. 9525 1300

Across All Areas

**Bayside Alcohol and Other Drug Services**  
Ph. 9690 9778  
Toll free: 1800 229 263

## YOUTH SERVICES

City of Glen Eira

**Anglicare**  
Ph. 1800 809 722

**Youth Information Centre**  
Ph. 9524 3676

City of Stonnington

**Odyssey Youth and Family Services**  
Ph. 9521 4366

**Youth Substance Abuse Service (YSAS)**  
Ph. 1800 014 446 (24 hours)

City of Port Phillip

**St Kilda Youth Service**  
Ph. 9534 3685

## COUNSELLING SERVICES

City of Glen Eira

**Gateway Counselling**  
Ph. 9523 2288

City of Port Phillip

**South Port Uniting Care**  
Ph. 9690 1188