Gunnebah
Addiction Retreat

VETERAN PROGRAM

Proud to have assisted our Veterans since 2018

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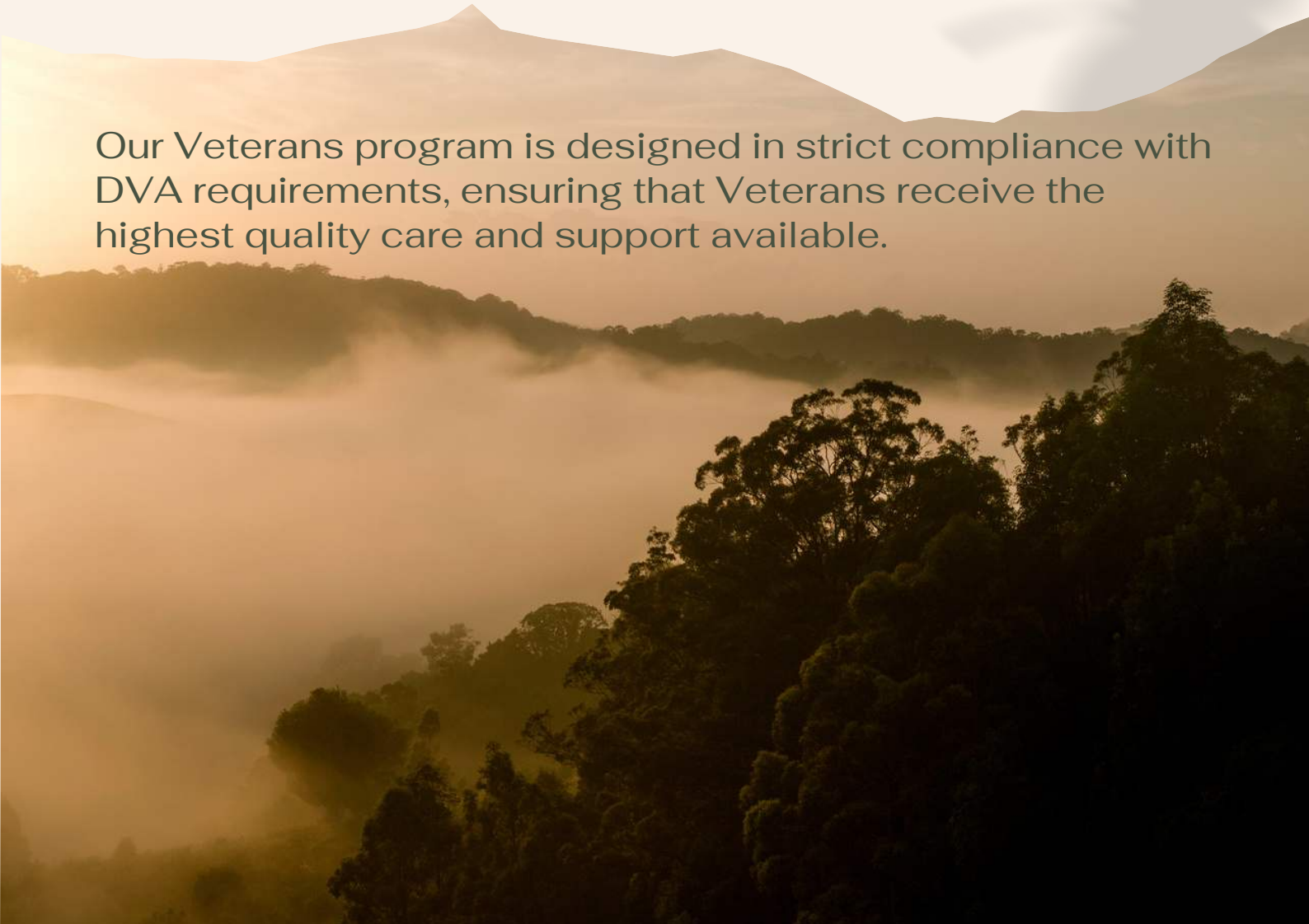
Gunnebah Addiction Retreat offers a comprehensive and holistic approach to addiction recovery, providing veterans with a nurturing and supportive environment to facilitate their journey towards sobriety and improved well-being.

30 minutes to Gold Coast Airport
45 minutes to Byron Bay
12 minutes to hospital and all other emergency services

Our Veterans program is designed in strict compliance with DVA requirements, ensuring that Veterans receive the highest quality care and support available.



Gunnebah
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WHAT WE OFFER

Individual Rooms

Expert Staff

Our Own
Medical Doctor

Individual and Group
Therapy

Semi-remote
Location

Gym, Pool & Sauna

Delicious &
Nutritious Food

Enjoyable Offsite
Activities

Friendly Animals

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PROGRAM OVERVIEW

Program duration:

- Minimum 28 days
- Recommended 84 days

Weekly Inclusions:

- 2 Individual therapy sessions per week
- 6 Group therapy sessions per week
- Daily group fitness
- Weekly Yoga and Meditation
- Weekly Art therapy and Pottery
- 2 GP visits per week
- Offsite activities

'My new life began at Gunnebah'"- Dave

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CONDITIONS WE TREAT

Our main focus is treating drug and alcohol substance addictions. Including, but not limited to

- Alcohol
- Marijuana
- Methamphetamine - Ice
- Prescription drugs
- Cocaine
- Synthetic drugs
- Gambling

PTSD

We recognise the potential PTSD-related challenges that veterans may face and integrate that into our therapeutic approach. Our therapists are trained in a range of relevant modalities. and interventions are tailored to addressing symptoms of PTSD.

We also treat other selected behavioural addictions that co occur with substance use dissorder.

WE DO NOT TREAT:

- Serious unmanaged mental health issues
- Serious history of perpetrating violence
- Eating disorders
- Serious anger management issues

If unsure. give us a call to check.

Our goal is to be the last rehab you will ever need

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APPLICATION PROCESS

Gold or White card holders can apply for funding assistance through DVA for their residential stay at Gunnebah, including post-discharge group aftercare and one-on-one follow up sessions.

To set up an assessment, call our main line on (02) 6679 1565 and we will arrange a call back with our admissions team to assess suitability.

An obligation-free assessment will be completed over the phone to ensure we are the right place for you.

Once approved, an intake date will be booked in.

Please note that as we are not a contracted provider, all admissions are subject to prior approval from the Department of Veteran Affairs Health Approvals Board

Testimonials

“If you want a place to reclaim your life then Gunnebah is the place for you. I have no doubt that having the opportunity to stay at Gunnebah has not only changed my life but saved my life.”
- Mia

“I owe my life to Gunnebah Addiction Retreat. Gunnebah provided a 5 star recovery journey complemented by a team of mental health professionals that are fantastic at providing a supportive recovery experience and are incredibly passionate about drug and alcohol rehabilitation.”
- Michael

“This experience was the most life changing event in my life, it saved my life! The team made me feel supported in my time of my life that I thought the world was against me. I can’t recommend Gunnebah more highly.”
- Greg

“They have given me the tools to rebuild my life without the unhealthy habits that I had developed over the years.
I will never forget my time at Gunnebah and would wholeheartedly recommend them to anyone who suffers from alcohol or drug dependancy.”
- Kevin

Read more reviews on Google

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HOW TO FIND US

www.gunnebah.com.au

(02) 6679 1565

info@gunnebah.com.au

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