

Safely withdraw at home

Safe, discreet, doctor-led care from the comfort of home.

If you are dependent on alcohol, cannabis, or stimulants including methamphetamine, you can withdraw safely at home under expert medical care. We provide a telehealth service for lower-risk patients and an in-person program on the Gold Coast for those who need closer monitoring. Our medical team guides you through every step – all you need to do is focus on getting well.

With no waitlists, you can access safe, doctor-led support when you're ready. Contact us today to get started.



In-Home Detox Process

Designed and delivered by medical professionals

Home Assessment

Our doctor conducts a full medical assessment to confirm you are safe and suitable for a home detox. We arrange any necessary pathology, create a personalised withdrawal plan, and prepare both you and your support person for what to expect. Your existing GP or healthcare team is kept informed throughout.

7-Day Home Detox

The detox takes approximately seven days and typically begins within one to two weeks of your assessment. Each day, your doctor reviews your progress, adjusts your withdrawal medications, and manages any symptoms or cravings. We also provide 24/7 medical support throughout, so you are safe and supported at every step.

Aftercare & Support

Completing the withdrawal phase is just the beginning. We provide a personalised aftercare plan tailored to your circumstances, along with regular follow-up appointments over three months to review your progress, address any challenges, and help you maintain the gains you've made.

Eligibility

To ensure your safety, you must have a support person – a trusted family member or friend – who can stay with you during the withdrawal phase. Your doctor will assess your circumstances and advise whether our telehealth or in-person program is the right fit for you.

Ready to get started?

We aim to see patients for their initial assessment within 24–48hrs. Call or email us and we will send you our online pre-assessment form.



Meet Your Doctor

Dr Hok Yee Siu, FRACGP, MBChB

Dr Hok Yee Siu is the Co-founder and Medical Director of AIR, and a fully qualified GP with specialist experience in addiction medicine and emergency medicine. After working in inpatient detox and rehabilitation settings, he recognised the need for a more personalised, accessible approach – one that delivers the same clinical standard as a residential program, without the disruption, stigma, or cost. AIR was built on that principle.



Cost

Our telehealth program is \$3,000 and our in-person Gold Coast program is \$3,600. There are no Medicare rebates for this service. Payment plans are available to help spread the cost – contact our team to discuss your options. Eligible Gold Coast residents may also be able to access a fully funded alcohol detox place through our Gold Coast PHN partnership.

Why Patients Choose Us

Minimal wait times

We aim to see you for your initial assessment within 24-48hrs of contacting us.

24/7 medical support

You and your support person have a direct line to your doctor throughout the withdrawal phase

Complete Privacy

All care is delivered at home or by secure video call. Medications are provided at appointments – no pharmacy visits required.

Flexibility

Appointments can be arranged at evenings and weekends to fit around your schedule.

Stay at home

No inpatient admission. You remain at home with your loved ones and continue daily life when you feel well enough.

Cost effective

A fraction of the cost of residential treatment – and for many patients, less than the ongoing cost of continued use.

Contact us today

Ready to take the first step? Call or email us and we will send you our online pre-assessment form. No referral needed.



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