The self-referral pathway is available to anyone who wishes to restrict their access to takeaway alcohol for any reason.

- A self-referral can be cancelled at any time. If a Banned Drinker Order (BDO) has been received for any other reason, the ban will remain in place.
- An assessment or therapeutic support is not required under this pathway but is available at any time.

What is the self-referral pathway?
The self-referral pathway is an option for people to put themselves on the BDR. This can be done for any reason, for example they may feel they have a problem with alcohol, want to try and avoid humbug or use it as a tool for recovery in conjunction with a health or child protection professional.

How does someone self-refer?
The person wanting to self-refer fills in the self-referral form, proving their identity with 100 points of ID and nominating a time period for the ban to be in place. The form can be lodged electronically or in person at the BDR Registrar’s office or at a police station.

How does someone cancel their self-referral?
If a person no longer wishes to be on the BDR, and they have not received a Banned Drinker Order via any other pathway, they can remove themselves by filling in the self-referral form and selecting the revocation option. The removal will not be immediate but will be processed as soon as possible from when the application is received.

Do I have to have an assessment or undertake treatment if I self-refer?
No, there is no requirement for assessment or therapeutic support under this pathway. However, anyone who self-refers will be provided with the information to organise an assessment if they wish to do so at any time.

Where can I find the form?
The Self Referral Pathway form is available online at www.banneddrinkerregister.nt.gov.au and needs to be emailed to BannedDrinkerRegister.doh@nt.gov.au or presented in person at the BDR Registrar’s office or at any police station.