



service finder

A roadmap to our range of services



No one sets out to get into bother with alcohol or any other type of drug Yet problems can creep up on people and when they do they can have devastating effects on the person or the people around them Knowing where and how to get support is essential

This guide will point you towards the right support available for you in your community to address alcohol or drug related harm including:

- Services for adults
- Services for young people
- Support for family members who are affected by someone's alcohol or drug use















This support is only a phone call away

These services are not for emergencies; in the case of more urgent support and advice contact;

- Your GP or the out of hours GP service
- The Emergency Department of your local hospital
- Lifeline: 0808 808 8000









You can use this guide to find the right support no matter where you are at with your alcohol or drug use

JARGON BUSTER:

What the different services mean



Information and advice: Helps you expand your understanding or learn more about the options you have



Self-help: Self-help is work you can do in the privacy of your own home such as the interactive website at www.alcoholandyounicom or the self-help workbooks, Alcohol and You and Cannabis and You



Guided self-help: Someone will work through the self-help material with you



Brief intervention: A brief intervention takes a look at your drinking or drug use with a health professional who can give you some feedback on the problems this may be causing and options for support As the name says, it is brief



A short counselling programme: Someone to talk to about your use of alcohol or drugs to help <u>you</u> decide what <u>you</u> want to do





More intensive support or counselling: an agreed period of work to help you reach your goals or explore what is holding you back



Outpatient treatment: One to one work looking at your motivation, options for treatment including relapse prevention medication and support It may also involve group support in the form of wellness recovery groups or women's support groups



Recovery support groups: Self-help Fellowships meet regularly in the community to provide mutual support



Relapse prevention: supporting you to prevent falling back or helping you get back on track if you do fall back



Family support: Intervention to help you talk about what it is like to live with someone who is misusing alcohol or drugs, gain information that will help you explore how you tend to cope and provide further help that may be useful The person misusing alcohol or drugs does not need to be seeking help This support is for family members in their own right



WHERE ARE YOU AT - WHAT MIGHT

I'm not ready to stop, but need support

I want to get more information about alcohol or drug use

WHAT MIGHT

CHNI Service Users Networ

AT MIGHT HELP WHA.

AA

Recovery

support

groups

My drinking or drug use is causing problems and I need help to stop or reduce my use

What about us Support Group (Way2Go)

WHAT MIGHT HELP WHAT MIGHT HELP WHAT

NA

I have stopped drinking or taking drugs and need support to help me keep it that way

I think I have an addiction I want to stop my alcohol or drug use but can't

Someone in my family is drinking or taking drugs and I need advice and support





SUPPORT IS ONLY A CALL AWAY

SUPPORT FOR ADULTS DIFFERENT LEVELS OF SERVICES

Information and advice, brief intervention and self-help material

- Your GP
- · Your community staff or hospital liaison staff
- Self-help for alcohol wwwalcoholandyounicom

Adult community counselling programme (STEP 2)

Steps to Change 0800 2545 123

wwwascertbiz

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More intensive support (Adult STEP 3)

- The Western Trust's Community Addiction Team (CAT) is accessed through your GP
- Admission to residential treatment is through CAT

Self-help fellowships

- Alcoholics Anonymous 028 90 434848
- Narcotic Anonymous 07810172991
- Life Ring 07908 489 522
- Al Anon 028 90 682368

Low threshold service

- The Simon Community 02890741222 / 07595067688
- First Housing, wwwfirst-housingcom 02871 371849
- Depaul Ireland wwwdepaulirelandorg 028 71 365259

Criminal Justice

 AD:EPT and AD:EPT 2 providing a range of services to people in custody 028 90 435810

Support for family members affected by someone's substance misuse

- Way2 Go "What about Us" Family Support Group 07725 688 202
- Steps to Change 0800 2545 123 www.ascertbiz
- Steps to Cope for 11- 18 year olds affected by their parents drinking: 0800 2545123 or on line support wwwstepstocopecouk

Young people's services

- Daisy Youth Treatment age 11-25 year olds 028 90 435810
- Children and Adolescents Mental Health Services

Other contact details

- ASCERT 028 9260 4422
- Addiction NI 02890330499
- Drink Wise Age Well Tel: 02882 839240 www.drinkwiseagewell.org.uk
- Recovery college (028) 9041 3872 ext 89872
- Connections Service: Linking Communities Services and organisations: 0800 254 5123
- Action Mental Health Quest 02871 373502

Prevention

- Targeted Prevention ASCERT 0800 2545 123
- HURT 02871 369 696
- Breakthru 028 8775 3228