

A GUIDE TO LOCAL ALCOHOL & DRUG SERVICES IN THE DOWN AREA

GETTING THE RIGHT SUPPORT AT THE RIGHT TIME



SERVICE FINDER

A ROADMAP TO THE RANGE OF ALCOHOL AND DRUG SERVICES IN THE DOWN AREA.

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

**We're
here to
help**

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:

Expands your understanding and details options you have.

Self-help: Work you can do in the privacy of your own home such as www.alcoholandyouni.com or the self-help workbooks, Alcohol and You and Cannabis and You.

Brief intervention: Takes a look at your drinking or drug use with a health professional who can give you some feedback on the problems it's causing and options for support.

A community counselling programme: Someone trained to talk to you about your use of alcohol or drugs, to help you decide what you want to do and to support you.

More intensive support: An agreed period of work with a member of a multi-disciplinary team to help you reach your goals, explore what is holding you back or address medical needs.

Residential Treatment:

A period where you stay in a treatment unit and work intensely at healing and change under medical supervision.

Recovery support groups:

Self-help Fellowships meet regularly in the community to provide mutual support. Alcoholics Anonymous and Narcotics Anonymous are examples. A recovery group and relative's support group meet every Tuesday night in the grounds of the Downshire Hospital, Downpatrick and are open to anyone.

The recovery college:

Offers a range of courses for service users, family members and workers.

Low threshold Services:

Support for people not ready to stop and involves harm reduction work.

Relapse prevention:

Supporting you to prevent falling back or helping you get back on track if you do fall back.

Family support:

Helps 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 support.

The person misusing does not need to be seeking help. This support is for family members in their own right.

Intensive family support is also available.

Preventive work with parents and young people:

Talking to your children about Tough issues (TATI) – A programme with parents. Targeted Prevention – Three age appropriate education/prevention programmes aimed at young people.

Family Support

Dunlewey Addiction Service
Alcohol and You: Family Intervention Service (alcohol)
Steps to Cope: 11-18 year olds affected by their parents drinking

Low Threshold Service

Simon Community

**Recovery Support Groups
Self-help material**

Trust websites for self-help
Recovery College
AA/NA



WHERE ARE YOU, WHAT HELP CAN YOU GET, WHERE CAN YOU GO

1

I want to get more information and advice about alcohol or drug use.

Information and advice, brief intervention, brief advice tools and self-help material

Your GP, Hospital Liaison or worker in the community Alcohol and You Self-help workbook and website

2

I am drinking or taking drugs and I want to make changes on my own.

Community Counselling Programme (Step 2)

Daisy: youth treatment 11 to 25
Dunlewey Addiction Service: Alcohol and You

3

My drinking or drug use is causing problems and I need support to stop or reduce my use or prevent relapse.

More intensive support and possibly residential treatment (Step 3 or 4)

Community Addictions Team (Step 3)

CONTACT DETAILS SUPPORT FOR ADULTS AND CHILDREN

Information and advice, brief intervention and self-help material:

- > Your GP
- > Your community staff
or hospital liaison staff
- > Self-help for alcohol
www.alcoholandyouni.com

Adult community counselling programme (Step 2):

Alcohol and You
0800 254 5123
www.alcoholandyouni.com

Dunlewey Addiction Services
028 9039 2547

More intensive support (Step 3):

The South Eastern Trust's
Community Addiction Team (CAT)
is accessed through your GP.

*Admission to residential
treatment is through CAT*

Young People's Services:

Daisy Youth Treatment
ages 11–25
028 9043 5810

Self-help fellowships:

Alcoholics Anonymous
028 9043 4848

Narcotic Anonymous
078 1017 2991

Life Ring
079 0848 9522

Al Anon
028 9068 2368

Low threshold service:

The Simon Community
02890741222/07595067688

Support for family members affected by someone's substance misuse:

**Alcohol and You:
Family Intervention Service**
028 9260 4422

Dunlewey Addiction Services
028 9039 2547

**Family Support Meeting every
Tuesday night in Downshire**

Steps to Cope for young people 11–18
affected by their parents drinking

0800 254 5123

or on-line: www.stepstocope.co.uk

Barnardo's Pharos Project

Intensive Support for children and families affected by parental substance misuse. Referrals are from children's and addiction services.

028 4062 3872

Prevention work for young people, families and communities:

**For parents: Talking to your
children about Tough Issues**
Lisburn YMCA

028 9267 0918

Targeted prevention
Lisburn YMCA

028 9267 0918

**The Connection Service –
connecting communities,
organisations and services.**

0800 254 5213

**Additional family support
can be found through:**

www.familysupportni.gov.uk

For other local services like
Pop Up Art ask your support worker.

For recovery College course
see your support worker.

SUPPORT IS ONLY A PHONE CALL AWAY...

For a full directory of services and other useful information visit:

www.drugsandalcoholni.info

Additional family support can be found by visiting:

www.familysupportni.gov.uk

For current Recovery College course [see your support worker.](#)

The services above ARE NOT FOR EMERGENCIES; in the case of **MORE URGENT SUPPORT** and advice contact:

Your GP or the out of hours GP service, or

The Emergency Department of your local hospital

Domestic Violence Helpline: **0800 917 1414**

Lifeline: **0808 808 8000**



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**

**Newry, Mourne
and Down**
District Council



PSP Policing & Community
Safety Partnership
making Newry, Mourne & Down safer



**South Eastern Health
and Social Care Trust**