



HAMPSHIRE & ISLE of WIGHT SUBSTANCE MISUSE TREATMENT SERVICES DIRECTORY

PORTSMOUTH SERVICES

NAVIGATION TIPS:

1. Use the links in the Contents table (page 2) to go directly to a service or section, then use the green back button in the bar at the bottom of the screen to return to the Contents, OR
2. Open the Bookmarks tab to the left of the screen and use the links in that panel to go to any page.

Issued by



Capitol House, 12–13 Bridge Street
Winchester, Hampshire, SO23 0HL
Telephone: 01962 826025
Email: hampshiredaat@hants.gov.uk



CONTENTS

Using Substance Misuse Treatment Services in Hampshire & the Isle of Wight
Key to Services
Key to Logos

PORTSMOUTH OPEN ACCESS SERVICES

Branching Out
Engage Volunteers
Portsmouth Drug Interventions Programme
PORTAS
R-Club Open Access

PORTSMOUTH SPECIALIST SERVICES

Kingsway House
Portsmouth Counselling Service
Portsmouth Drug Interventions Programme (DRR/DTTO Team)
Portsmouth NHS Hospitals Trust Hepatitis B Vaccination Service
R-Club Day Service
R-Club Women's Service

OTHER USEFUL CONTACTS

Using Substance Misuse Treatment Services in Hampshire & the Isle of Wight

This directory is designed to inform the general public and service providers about what services are available in their area and to describe what each service offers. The full directory is divided into the four areas of **Hampshire** (coordinated by the Hampshire Drug & Alcohol Action Team), the **Isle of Wight** (the Isle of Wight Safer Community Partnership), **Portsmouth** (the Safer Portsmouth Partnership) and **Southampton** (the Substance Misuse Action Group Southampton City Council). These coordinating organisations are responsible for commissioning the services in each area. Referral systems vary by area and contacting an Open Access Service is usually best. **This version contains the Portsmouth services only.**

For each geographic area the directory is divided into two sections, **Open Access Services** and **Specialist Services**.

Open Access Services: These services can accept referrals or self referral. Some services may prefer a telephone contact first (see contact details). By their nature they are open access so that people can gain advice, information, support or access to other's services quickly and confidentially.

Specialist Services: These agencies will require referral and assessment prior to anyone receiving a service. Local arrangements are in place for accessing specialist services through a triage assessment, which is designed to give quick access to an appointment and assist people to receive services based on individual

needs. Contact the local Open Access Services or ring the Specialist Service for further details.

The two, county-wide, **Mobile Needle Exchange Services** are listed at the beginning of the **Hampshire** section.

The final sections in the full directory are for **Residential Services** and **Young People's Services**.





Residential Services often have a broader catchment area than other local services. These cover two types of service:

In-patient detoxification services: These can be stand alone services or part of a service that also offers rehabilitation programmes. All in-patient detox facilities require a comprehensive assessment and a referral, from a Specialist Service and/or the in-patient service. Access is also dependent on eligibility criteria and funding.

Residential rehabilitation programmes: These services offer intensive and structured treatment programmes, based on different philosophies. All require referral and assessment. Local authority social services departments currently initiate access to residential rehabilitation programmes. Treatment is paid for by community care funding and supplemented by other funding. Private in-patient and rehabilitation services accept self referral and treatment for those self funding or using private medical insurance.

Young People's Services are generally open to young people aged between 12 and 18, although some services will accept people upto the age of 25. No referral is needed to attend these services unless otherwise noted in their entry.

Key to Services (4 pages)

	<p>Aftercare Activities</p>		<p>Assessment & Care Planning</p>
<p>Aftercare is a package of support that is put in place for clients when they leave structured treatment (after the end of their care plan), or for offenders when they leave or complete community sentences, or are released from prison (remand or sentenced). The aim of aftercare is to sustain treatment gains and further develop community reintegration. Aftercare may include drug-related interventions, open access relapse prevention or harm reduction. It may also include non-drug related support such as housing, access to education, generic health and social care.</p>		<p>A two-way process between a service user and an assessor to establish immediate and longer terms needs, and develop a care plan of actions to meet those needs. Comprehensive assessment aims to determine the exact nature of the client's drug and alcohol problems, and co-existing problems in the other domains of health (mental and physical), social functioning and offending. Assessment may be conducted by more than one member of a multidisciplinary team, because different competencies may be necessary to assess different areas of client need. Assessment should be an ongoing process rather than a single event.</p>	
	<p>Community Prescribing</p>		<p>Complementary Therapy</p>
<p>This involves the provision of care-planned specialised drug treatment, which includes the prescribing of drugs to treat drug misuse. The range of community prescribing interventions can include:</p> <ul style="list-style-type: none"> • Stabilisation on substitute opioids, including dose titration • Prescribing for a sustained period to substitute illicit drugs (maintenance prescribing) • Prescribing for withdrawal from opioids (community detoxification) • Prescribing to prevent relapse • Stabilisation and withdrawal from sedatives • Detoxification from alcohol where appropriate • Treatment for stimulant users, which may include symptomatic prescribing 		<p>Offered in both community-based and residential drug services providing a range of complementary therapies including: auricular acupuncture, homeopathic medicines and teas, visualisation, shiatsu and reflexology. Therapies are reported to help with the withdrawal and relieve stress. Staff providing these therapies should hold appropriate qualifications.</p>	

Key to Services (continued)



Counselling

Counselling is defined by the British Association of Counselling as “providing an opportunity for the service user to work towards living in a way he or she experiences as more satisfying and resourceful”. This activity takes place within a deliberately undertaken contract with clearly agreed boundaries and commitment to privacy and confidentiality. It requires explicit and informed agreement. Staff should be adequately trained and hold qualifications to provide counselling. It is important that people requesting counselling should find out about the philosophy/approach being offered as counselling can vary depending on a person's training. Counselling services usually offer service users a choice of counsellor. The assessment interview is a good time for service users to check out what counselling involves prior to starting.



Drug Intervention Programmes

Drug Intervention Programmes provide an end-to-end service (enhanced Tier 2) for drug users who are within the criminal justice system. The DIP teams provide a range of support services through the various stages of the justice system and beyond:

- police custody
- courts and probation
- prison
- referral to treatment
- throughcare and aftercare

Special measures for children and young people are also being implemented.



Hepatitis B Vaccinations

Preventing the spread of blood-borne diseases is a major goal of drug treatment services and a major contribution to individual and public health. A range of services which may be offered, including some or all of the following:





- health screening for blood-borne infections to identify needs and problems
- explore issues relating to health resulting from substance use/misuse and identify ways of achieving a healthier lifestyle
- assess risk behaviours associated with drug and alcohol use and provide interventions that will help prevent further harms and consequences, eg. advice and education on hepatitis B & C and HIV
- provide access to testing for hepatitis B & C and HIV
- provide access to hepatitis B vaccination
- provide a comprehensive pathway of care for those who require healthcare relating to blood-borne diseases





Housing Support

Whereas, many services will provide basic information and referral for housing issues, full housing support is a specialised service to provide or identify suitable living accommodation for people with a history of drug or alcohol misuse. Housing may be provided within a hostel, through supported accommodation or within a residential treatment setting.














Key to Services (continued)

	Information & Support		In-patient Detox
<p>Drug and alcohol (substance misuse) related advice and information interventions should provide appropriate advice and accurate, up-to-date information on a range of substance misuse related issues, including:</p> <ul style="list-style-type: none"> • information about different drugs and their effects • advice about stopping misuse of drugs and alcohol • information on how to reduce the potential harm from drug misuse (eg. safer injecting, reducing overdose risks, etc) • how and where to access help for drug problems • how and where to access help for other problems (eg. housing, sexual health) 		<p>Inpatient interventions usually involve short episodes of hospital based (or equivalent) drug and alcohol medical treatment. This normally includes 24-hour medical cover and multidisciplinary team support for treatment such as:</p> <ul style="list-style-type: none"> • Medically supervised assessment • Stabilisation on substitute medication • Detoxification from illegal and substitute drugs • Specialist inpatient treatments for stimulant users • Emergency medical care for drug users in crisis <p>Inpatient drug treatment should be provided within a care plan with an identified keyworker. The care plan should address drug and alcohol misuse, health needs, offending behaviour and social functioning where appropriate.</p>	
	Needle Exchange		One to One Work
<p>Needle exchange facilities are located in open access (Tier 2 services), or community pharmacies (Tier 1). Sometimes needle and syringe exchange services are also provided in mobile vans, especially in rural places. Needle and syringe exchange schemes offer a range of injecting equipment as well as a service for the disposal of used equipment. In addition, staff offer harm minimisation or risk reduction advice and information. Some needle exchange service also offer on-site vaccination programmes for Hepatitis B. The service can also act as a point of referral into other services.</p>		<p>One to one work can have a different interpretation between services, so it is important that service users clarify what is being offered. Generally one-to-one is not counselling. It usually involves a member of staff being allocated as a key worker. Their role is to meet with the service user regularly, check progress against the care plan, provide advice and information; and give general support e.g. letters to housing etc. In some services staff may also be expected to do all the therapeutic work, this could include; motivational work, lapse/relapse prevention, coping skills and behaviour change work. Some services may also work within a philosophy, eg. harm reduction or abstinence, this is important to check when engaging with a service.</p>	

Key to Services (continued)

	Outreach Programmes		Structured Group Work
	<p>Outreach work is a method of delivering interventions in settings external to a service's usual site. The aims of outreach work are:</p> <ul style="list-style-type: none"> • to provide services to those unable or unwilling to access site-based services, including 'hard to reach' groups such as young people, black and minority ethnic communities, women, the housebound (eg. because of physical or psychological illness) and those living at distance from services (eg. in rural areas) • to provide health education opportunities for drug misusers not currently accessing site-based services • to provide harm minimisation/risk reduction services to drug misusers not currently accessing site-based services (eg. needle exchange, provision of condoms) • to make initial contact with drug misusers to facilitate referral to site-based services <p>Services can include the provision of advice and information, brief interventions, sterile injecting equipment and, in some instances, care-planned counselling.</p>		<p>Usually offered as part of a programme of defined activities for a fixed period of time. Service users usually attend the programme according to specified attendance criteria, and follow a set timetable that will include group work, covering psychosocial interventions, educational and life skills activities. Some service users may attend as a follow-on or precursor to other treatment types, or may be attending as part of a criminal justice programme supervised by the probation service, or community rehabilitation. Group work is normally run in community based services, set in centres that have been specifically designated for the programme (purpose-built or converted) and have rooms designated for specific parts of the programme (eg. group work, life skills etc).</p>

Key to Logos

	Aftercare Activities		Housing Support
	Assessment & Care Planning		Information & Support
	Community Prescribing		In-Patient Detox
	Complementary Therapy		Needle Exchange
	Counselling		One to One Work
	Drug Intervention Programme		Outreach Programmes
	Hepatitis B Vaccinations		Structured Group Work

PORTSMOUTH OPEN ACCESS SERVICES

Branching Out



AIMS

To provide an opportunity for those in recovery to discover ways in which they can move-on whether through employment, volunteer work, education or training. To provide information and advice around benefit entitlement, debt advice, legal issues and other concerns related to changes in circumstances. To provide individual support sessions. To provide out of hours service provisions for those who are unable to use day services due to employment or educational commitments.

STATUS

Voluntary

TARGET GROUP

Clients 18+ who feel ready to consider next steps after a period in recovery.

MODELS OF PRACTICE

- Motivational Interviewing
- Discussion based group work
- Informal peer support
- Specialist workshops facilitated by relevant agencies & opportunity for individual advice
- Resources including internet access & literature

**OPEN ACCESS SERVICE
PORTSMOUTH**
(Anyone can call or attend this service)

OPENING HOURS

Office hours: Monday - Friday 9.00am - 5.00pm
Drop-in: Tuesday 6.30pm - 9.30pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

Branching Out, Portsmouth CDA,
67 Kingston Road, Portsmouth, PO2 7DX

Tel: 023 9275 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

Engage Volunteers



AIMS

To provide the specialist support needed to help individuals in recovery from drug/alcohol dependency to engage in voluntary work.

STATUS

Voluntary

TARGET GROUP

Adults 18+ and who feel stable/ready to commit to regular hours of work (usually between 2-16 hours per week) but feel they need support in order to achieve this.

MODELS OF PRACTICE

- Motivational Interviewing
- Brief solution focused therapy
- Community links and support
- One-to-one and peer support

**OPEN ACCESS SERVICE
PORTSMOUTH**
(Anyone can call or attend this service)

OPENING HOURS

Office Monday-Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

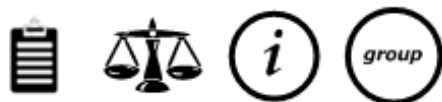
Engage Volunteers, Portsmouth CDA,
67 Kingston Road, Portsmouth, PO2 7DX

Tel: 023 9275 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

Portsmouth Drug Interventions Programme



AIMS

To provide an end-to-end service for drug users within the Criminal Justice system, notably all the elements of Drug Interventions Programmes:

- Arrest Referral
- Rapid Prescribing
- Prison Throughcare
- DRR/DTTO
- Prolific Offender Project

STATUS

Statutory

TARGET GROUP

Drug users within the Criminal Justice System particularly heroin/ crack/cocaine users.

MODELS OF PRACTICE

- Harm reduction
- Care planning
- Assertive Outreach into police cells
- Motivational interviewing/Brief Therapy
- Structured Groupwork

**OPEN ACCESS SERVICE
PORTSMOUTH**
(Anyone can call or attend this service)

OPENING HOURS

Arrest Referral:

Monday – Friday 8.00am - 8.00pm
Saturday & Sunday 8.00am - 12.00pm

General:

Monday – Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City (PO1-PO6)

CONTACT DETAILS

Portsmouth DIP,
The Lower Mountbatten Gallery, Civic Offices,
Guildhall Square, Portsmouth PO1 2BY

Telephone: 023 9268 8678
Fax: 023 9268 8679
24hr freephone: 0800 7836303
Email: portsmouthdip@sabp.nhs.uk

PORTAS

Portsmouth Outreach & Treatment Access Service



AIMS

To offer practical support and assistance to clients in accessing new services and progressing through services. To train community members/workers in substance misuse issues.

STATUS

Voluntary

TARGET GROUP

Adult 18+ substance misusers who need support accessing services.

MODELS OF PRACTICE

- Street and satellite outreach, supporting clients in their own homes and locations
- Motivational interviewing and brief solution focused therapy
- Assisting clients at key phases in the cycle of change and in progress through services

OPEN ACCESS SERVICE

PORTSMOUTH

(Anyone can call or attend this service)

OPENING HOURS

Monday - Friday 9.30am - 4.30pm

Additional sessions and contacts outside these hours by appointment

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

PORTAS, Portsmouth CDA, 67 Kingston Road,
Portsmouth, PO2 7DX

Tel: 023 9275 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

R-Club Open Access



AIMS

To provide a welcoming, safe and social, informal environment. To provide open access, low threshold intervention to substance misusers. To signpost and refer to appropriate services. To support those who disengage from treatment services or who are new to drug and alcohol services.

STATUS

Voluntary

TARGET GROUP

Adults 18+ drug and alcohol users or ex-users that are new to services, require informal support or have disengaged from structured services.

MODELS OF PRACTICE

- Supportive harm minimisation, controlled use and abstinence
- Optional groups as part of the main session include mixed sports, relaxation, free tutored use of multi-gym, women's support group
- Motivational interviewing
- Informal social support

OPEN ACCESS SERVICE PORTSMOUTH

(Anyone can call or attend this service)

- Clients need not be entirely drug or alcohol free on the day of attendance

OPENING HOURS

Group:

Monday (Sports Only) 2.00pm - 4.00pm

Tuesday 10.00am - 4.00pm

Wednesday & Thursday 1.00pm - 4.00pm

At Fratton Community Centre, Trafalgar Place,
off Clive Road (Please call for a map or support in
attending)

Office:

Monday – Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

R-Club Open Access, Portsmouth CDA,
67 Kingston Road, Portsmouth, PO2 7DX

Tel: 023 9274 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

PORTSMOUTH SPECIALIST SERVICES

Kingsway House



SPECIALIST SERVICE PORTSMOUTH

(Referral from an Open Access Service (Tier 2) needed)

AIMS

A community based integrated Health and Social Care team, providing a localised Tier 3 substance misuse service for people who are experiencing problems around drugs and alcohol, enabling them to make informed choices. Referrals are via the Tier 2 service.

STATUS

Statutory

TARGET GROUP

Adults 18 and over with a substance misuse problem.

MODELS OF PRACTICE

- Client-centred approach
- Motivational interviewing
- Group work
- Acupuncture
- Substitute prescribing
- Community detox
- Referral for residential detox/rehab
- Advice and information
- Joint working with other agencies

OPENING HOURS

Monday - Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

Kingsway House, 130 Elm Grove,
Southsea, Portsmouth, PO5 1LR

Tel: 023 9229 1607

Fax: 023 9229 1614

Portsmouth Counselling Service



AIMS

To provide one-to-one counselling to those who suffer emotional distress, trauma and drug addiction. To work through their emotional issues and trauma. To help individuals to live more effectively and in harmony. To assist them towards a sustainable recovery.

STATUS

Voluntary

TARGET GROUP

Substance users 18+

MODELS OF PRACTICE

Team of 8 specialist counsellors offers:

- 1:1 counselling for people suffering drug and alcohol addiction
- Structured counseling - maximum of 12 sessions, referral route through Tier 2 & 3 services
- People who are concerned about their drinking can phone (023 9273 5836) and book a first consultation session
- Ongoing counseling work (max of 12 sessions) is offered after the consultation session

SPECIALIST SERVICE PORTSMOUTH

(Referral from a GP or other service needed)

- Aftercare - people can continue with 1:1 counselling as a mainstream client at PCS (the counselling fee is means tested)
- People can enter a post counselling therapy group (group membership is free)

OPENING HOURS

Office hours:

Monday - Friday 9.00am - 4.30pm

Counselling service:

By appointment

Helpline:

Monday - Friday 6.00pm - 9.00pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

Portsmouth Counselling Service,
128 Fratton Road, Portsmouth, PO1 5DD

Tel: 023 9273 7989

Fax: 023 9273 7989

Email: info@pocounsellingservice.org.uk

Website: www.pocounsellingservice.org.uk

Portsmouth Drug Interventions Programme (DRR/DTTO Team)



AIMS

To provide an end-to-end service for drug users within the Criminal Justice system, notably all the elements of Drug Interventions Programmes:

- Arrest Referral
- Rapid Prescribing
- Prison Throughcare
- DRR/DTTO
- Prolific Offender Project

STATUS

Statutory

TARGET GROUP

Drug users within the Criminal Justice System particularly heroin/ crack/cocaine users.

MODELS OF PRACTICE

- Harm reduction
- Care planning
- Assertive Outreach into police cells
- Motivational interviewing/Brief Therapy
- Structured Groupwork

SPECIALIST SERVICE

PORTSMOUTH

(Referral from a GP or other service needed)

OPENING HOURS

Arrest Referral:

Monday – Friday 8.00am - 8.00pm

Saturday & Sunday 8.00am - 12.00pm

General:

Monday – Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City (PO1-PO6)

CONTACT DETAILS

Portsmouth DIP,
The Lower Mountbatten Gallery, Civic Offices,
Guildhall Square, Portsmouth PO1 2BY

Telephone: 023 9268 8678

Fax: 023 9268 8679

24hr freephone: 0800 7836303

Email: portsmouthdip@sabp.nhs.uk

Portsmouth NHS Hospitals Trust

Hepatitis B Vaccination Service



AIMS

Hepatitis B vaccination.
Testing for Hepatitis B, C and HIV.
Testing for Syphilis.

STATUS

Statutory

TARGET GROUP

Current and ex-drug users over 18 years.

MODELS OF PRACTICE

- Risk assessment and pre-test discussion prior to blood testing

SPECIALIST SERVICE PORTSMOUTH

(Referral from a GP or other service needed)

OPENING HOURS

Mondays 2.30pm - 4.00pm
Portsmouth DAIS (Needle Exchange)
Venture Tower, 57-67 Fratton Road

Tuesdays 2.30pm - 4.00pm
Cranstoun Drug Services
c/o Fratton Community Centre, Trafalgar Place
(Not Open Access)

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

GU Medicine, St. Mary's Hospital,
Portsmouth, PO3 6AD

Tel: 023 9286 6796

Fax: 023 9286 6769

R-Club Day Service



AIMS

To provide a safe and warm environment where group members can pursue their own goals regarding substance misuse at their own pace.

STATUS

Voluntary (part of Cranstoun Drug Services)

TARGET GROUP

Adults 18+ experiencing substance misuse problems and motivated to address these via a group work based programme.

MODELS OF PRACTICE

- Modular, membership programme
- Members select care package from range of modules
- Structures service combines with outreach and open access to support members through change
- Programme integrates with those at other treatment agencies and clients' personal commitments
- Motivational interviewing
- Acupuncture
- Range of group work

SPECIALIST SERVICE

PORTSMOUTH

(Referral from a GP or other service needed)

OPENING HOURS

Monday 9.30am - 4.00pm
Tuesday 6.30pm - 9.30pm (Branching Out)
Friday 9.30am - 4.00pm

Plus women only services Tues. and Thurs. mornings

Office hours:

Monday - Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

R-Club Day Service, Portsmouth CDA,
67 Kingston Road, Portsmouth, PO2 7DX

Tel: 023 9275 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

R-Club Women's Service



AIMS

To increase access to drug and alcohol services for women, including women with children. To provide informal women only services. Children under 5 welcome to women's services. To provide structured sessions that include therapeutic group work.

STATUS

Voluntary (part of Cranstoun Drug Services)

TARGET GROUP

Adult female substance misusers aged 18+ who wish to address difficulties via a group work based service.

MODELS OF PRACTICE

- Women only days
- Outreach and advocacy support
- Informal and structured groups
- Consultation led service
- One-to-one support utilising motivational interviewing and brief solution focused therapy

SPECIALIST SERVICE

PORTSMOUTH

(Referral from a GP or other service needed)

OPENING HOURS

Tuesday 10.00am - 12.30pm

(Free crèche for under 5's)

Thursday 10.00am - 12.30pm

Plus:

Mixed gender structured services Mondays and Fridays.

Mixed gender Open Access Services Tuesday & Thursday afternoons at Fratton Community Centre, including Women's Support Group 1.30-2.30pm on Tuesdays (no children).

Office hours:

Monday - Friday 9.00am - 5.00pm

CATCHMENT AREA

Portsmouth City

CONTACT DETAILS

R-Club Womens Service, Portsmouth CDA,
67 Kingston Road, Portsmouth, PO2 7DX

Tel: 023 9275 1617

Fax: 023 9275 2324

Website: www.cranstoun.org

OTHER USEFUL CONTACTS

ADFAM

Adfam exists to raise the awareness about, and take actions to alleviate, problems faced by families dealing with drugs and alcohol. They provide a range of information on their website on these issues and where to get help for them.

Tel: 020 7928 8898

Website: www.adfam.org.uk

Al-Anon

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking. Al-Anon is a fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems.

Tel: 020 7403 0888

Website: www.al-anonuk.org.uk

Alcohol Concern

Alcohol Concern works to reduce alcohol related harm, and to increase the range and quality of services available to people with alcohol related problems. A range of information on alcohol related topics is available on their website.

Tel: 020 7928 7377

Website: www.alcoholconcern.org.uk

Alcoholics Anonymous (AA)

AA is an informal society that offers self-help groups across the country. Members will share their experiences and help other group members to recover from alcohol dependence. A 12-step approach is used.

Helpline: 0845 7697 555 or 020 7833 0022

Website: www.alcoholics-anonymous.org.uk

Cocaine Anonymous (CA)

CA is an association of men and women who share their experiences to help solve problems and to recover from addiction. Group meetings are organised and a helpline is also provided. A 12-step approach is used.

Helpline: 020 7284 1123

Email: info@cauk.org.uk

Website: www.cauk.org.uk

DrugScope

DrugScope is an independent centre of expertise on drugs with an aim to inform policy development and reduce drug-related risk. Their

website contains comprehensive access and library services for both the general public and professionals seeking drug-related information.

Tel: 020 79281211

Email: info@drugscope.org.uk

Website: www.drugscope.org.uk

FRANK (formerly the National Drugs Helpline)

FRANK aims to reduce the harm caused by drugs & operates at a national & local level. FRANK offers information, advice & tips, & can direct you to local services, drop-in centres & groups. Will also provide advice & information to drug users, their friends and families.

Helpline: 0800 77 66 00

Website: www.talktofrank.com

Hampshire Users Forum (HUF)

HUF is an independent group of ex- and on-going drug users who meet every three months. Membership is drawn from the Hants & IoW area. The group was set up to allow people involved in similar activities a regular opportunity to get together and share experiences, good practice and learn from each others' mistakes in what is a relatively new thing to most of us. New members are always welcome.

Tel: 023 8021 6009 (ask for Si)

Email: morphin@southamptonvs.org.uk

Methadone Alliance

Provides information and advice to people about methadone and other prescribing treatments. Also provides advocacy and representation to clients where appropriate.

Tel: 020 8374 4395

Website: www.methadone.org.uk

Narcotics Anonymous (NA)

NA is an informal society that offers self-help groups for men and women where drugs have become a major problem. Members meet regularly to help each other stay clean.

Helpline: 020 7730 0009

Website: www.ukna.org

Release

Release provides a range of advice and information services in response to people requiring assistance with matters to do with drugs and the law and human rights. They will also work with professionals and the general public and deliver training.

Helpline: 020 7749 4034

Email: info@release.org.uk

Website: www.release.org.uk