

2 ALCOHOL AND DRUG RELATED PROBLEMS

ADDACTION

www.addaction.org.uk

The local Addaction service offers free, open access for adults with drug or alcohol problems, and offers assessments, onward referral eg to Options, brief counselling, needle exchange, group work, ear acupuncture, advice and information.

AL-ANON FAMILY GROUPS

www.al-anonuk.org.uk

Offers understanding and support for families and friends of problem drinkers and can provide information about local support groups. **Alateen**, (same telephone number – part of Al-Anon), is for young people aged 12-20 who have been affected by someone else's drinking.

ALCOHOLICS ANONYMOUS

www.alcoholics-anonymous.org.uk

Provides a 24 hour helpline offering support, information and advice for anyone affected by an addiction to alcohol.

COMMUNITIES AGAINST DRUGS (ADUR)

Offer support/referral to residents of Adur where problems with drugs or alcohol are affecting their family or community. Support group meets monthly for friends and families of drug and alcohol users. *Area: Adur only.*

CRI TEVILLE ROAD DAY PROGRAMME

Community based day care treatment programme to provide flexible, structured and individualised support for people aiming to live drug and alcohol free lives. Operates a groupwork programme that incorporates key working and individualised care plans and includes links to education, training and employment opportunities. Priority given to people in Worthing catchment area, but will cater for clients from bordering rural areas.

FAMILIES ANONYMOUS

www.famanon.org.uk

Offers support through a helpline and self-help groups to families and friends of those with a drug or drug-related behaviour problem.

FRANK

www.talktofrank.com

Website and helpline available 24 hours a day for free and confidential drugs information and advice for young people, their parents and friends.

PLEAD – PARENTS LEARNING ABOUT DRUGS

This is a group of concerned parents who have been trained to educate and equip other parents to avoid drug related problems in their families. Provide support and advice and give talks. *Area covered: Chanctonbury only.*

SUSSEX ALCOHOL & SUBSTANCE USE SERVICES (SASS)

This service aims to minimise the misuse of alcohol and other substances and thereby reduce the harm to the individual and the community. Offers one to one confidential counselling for anyone concerned about their own drinking or someone else's.

WEST SUSSEX DRUG AND ALCOHOL ACTION TEAM (including Families and Friends Project)

www.westsussexdaat.co.uk

The West Sussex Drug and Alcohol Action Team provides support and information to families and friends affected by someone else's drug and/or alcohol use via:

- Telephone helpline open 10am to 10pm 7 days a week
- Regular drop in services in Worthing and Horsham on Tuesday early evening and Bognor on Thursday lunchtimes
- A support group in Southwick the 1st Thursday of the month 7.30pm - 9pm
- Individual meetings
- Residential breaks, eg access to Clouds (retreat centre for families and carers in Wilts.)

WEST SUSSEX YOUNG PERSONS SUBSTANCE MISUSE SERVICE

Offers treatment and support to 10-19 yr olds in West Sussex with serious drug and alcohol problems, providing confidential, individual support and counselling. Also offers advice for parents/carers.