

Help and support for family and friends

These organisations offer help and support to the family and friends of people with drug or alcohol problems.

This includes self-help groups and online support.

Al-Anon (alcohol)

Call: 020 7403 0888

www.al-anonuk.org.uk

Al-ateen (part of Al-Anon)

Support for teenage relatives and friends of alcoholics. See Al-Anon website.

Adfam (drugs and alcohol)

Call: 020 3817 9410

www.adfam.org.uk

Families Anonymous (drugs)

www.famanon.org.uk

Call: 0845 1200 660

National Association for Children of Alcoholics (for people of any age who are affected by their parents' drinking)

Call: 0800 358 3456

www.nacoa.org.uk

SMART Recovery Friends and Family

www.smartrecovery.org.uk

Are you a carer?

Many people don't see themselves as carers. You might see the emotional and practical support that you provide as part of being someone's partner, parent, child, friend or neighbour.

No matter how you see yourself, you are a carer if you provide or arrange care for someone who can't care for themselves.

If you care for someone, you could be entitled to help and support as a result of the Care Act.

Ask a member of staff for more information or visit

www.slam.nhs.uk/carers

Ask us if you need this information translated, or in a different format, or visit www.slam.nhs.uk

Using Drugs and Alcohol

Information for family, friends and carers



Our approach to alcohol and drugs

Alcohol and drug use is common.

While anyone can experience negative consequences, these can be particularly severe for people with mental health problems.

Alcohol and/or drug use can also make it difficult to diagnose and treat mental health problems.

We are required by law to prevent drug and alcohol use on our premises and to keep services users, visitors and staff safe.

For these reasons, using drugs and alcohol while on hospital premises is prohibited.

We are committed to working with people that use alcohol and drugs and will support them whether or not you they are ready to make a change at this time.

We have policies that explains what we do. Please ask if you would like a copy.

We ask you:

- Not to visit the ward while you are under the influence of drugs or alcohol.
- Not to bring drugs or alcohol to the ward, or give drugs or alcohol to any patients.
- To refuse to bring in drugs or alcohol if asked to do so by your relative or friend and to discuss this with staff.
- To leave your bags in a locker outside the ward (where provided) or to agree to have them searched if requested.
- To agree to any items brought for service users to be searched.
- To discuss with staff any concerns you may have about drug and/or alcohol use, or the care/treatment of your relative/friend.

We will:

- Take any drug and alcohol use on Trust premises very seriously.
- Not allow you to visit if we suspect you are under the influence of drugs or alcohol. If you have gained access, we will ask you to leave.
- Consider restricting the number of visitors, or supervising visits. If we do this we will explain the reasons.
- Ask you to leave the ward and not allow further visits for a specified period if we think that you have brought drugs or alcohol onto the ward. We will send you a letter explaining this.
- Consider prosecuting you if we have evidence that you have supplied drugs to people on Trust premises.

If you want help

If you personally want help with a drug and/or alcohol problem ask staff for information about local services.