

## Information about local services

Ask us for information about local drug and alcohol services.

We can tell you what support is available and help you contact them.

## Self-help groups

These groups have meetings where you can share experiences and learn from others who have had problems. Some have online meetings. You can phone or look online to find out more about them.

### **Alcoholics Anonymous**

Call: 0800 9177 650 (24 hours)  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### **Cocaine Anonymous**

Call: 0800 0595 130  
[www.ca-london.org.uk](http://www.ca-london.org.uk)

### **Marijuana Anonymous**

Call: 0300 124 0373  
[www.marijuana-anonymous.co.uk](http://www.marijuana-anonymous.co.uk)

### **Narcotics Anonymous**

Call: 0300 999 1212  
[www.ukna.org](http://www.ukna.org)

### **Dual Recovery Anonymous**

Call: 07702 510110  
[www.ddauk.org](http://www.ddauk.org)

**SMART Recovery** - an alternative to the 'Anonymous' groups  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

## Phone lines

You can call these numbers for information and support

### **FRANK** (Drug and alcohol advice)

Call: 0300 123 6600 (24 hours)

### **Drink line**

Call: 0300 123 1110  
Weekdays 9am-8pm  
Weekends 11am-4pm

## Websites

These sites have information about substances. Some have tips on how to reduce your use.

[www.talktofrank.com](http://www.talktofrank.com)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.drugwise.org.uk](http://www.drugwise.org.uk)

[www.nhs.uk/livewell/alcoholsupport](http://www.nhs.uk/livewell/alcoholsupport)

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Ask us if you need this information translated, or in a different format, or visit [www.slam.nhs.uk](http://www.slam.nhs.uk)

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# Using Drugs and Alcohol

## Information for service users



## Our approach to drugs and alcohol

We know that many people with mental health problems use alcohol and drugs and it can be difficult to stop or cut down.

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

Drugs and alcohol use can affect your mental health, make it difficult to assess your illness and may change the way your medication works.

We ask you not to use drugs, alcohol or medication that has not been prescribed for you while you are in hospital.

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

For further information about how we work with people with mental health problems who use drugs and/or alcohol please ask a staff member, your local dual diagnosis practitioner or the nurse consultant on 07969 587 147.

If you would like a written copy of our policies, please ask.

## We ask you:

- Not to bring any non-prescribed drugs, alcohol or drug-using equipment into hospital, and if you do, to give these to staff.
- To agree to you and your possessions being searched when you come into hospital.
- Not to ask other people to bring drugs and/or alcohol in for you.
- Not to use drugs or alcohol when on leave unless you have negotiated this as part of your care plan.
- To allow urine testing and searches of you, your possessions and your room if we have agreed this as part of your care plan, or if we think drugs have been used on the ward.

## We will:

- Explain the reasons for our policies and procedures. Ask us if you would like to see written copies.
- Involve you in decisions about your care and develop a plan with you that includes drugs and alcohol.
- Ask you to give us any drugs, alcohol or drug-using equipment so that we can pass them on to the police for disposal.

- Search you and your possessions when you come into hospital. We may ask to search you at other times. We will talk to you about this and it will be part of your care plan.
- Bring dogs trained to detect drugs onto our premises so we can make sure they are drug free.
- Consider prosecuting people who bring drugs on to the wards or who have been selling or distributing drugs.

## Help with your drug and alcohol use

Not everyone will want, or be able, to stay off drugs and alcohol.

Whatever you decide to do, we will try to make sure any help you need is available.

We will offer you information about drugs and alcohol and their effects on your physical and mental health.

If you want help from drug and alcohol services, we can support you with this.