

## **Section 9**

# **Information for Carers of People who misuse Drugs &/or Alcohol**

A range of services are available locally offering help and advice to people with all sorts of difficulties to do with drug or alcohol misuse, and their carers.

### **Where can I go for help and advice?**

#### **Family Doctors (GPs)**

GPs are often the first person people turn to when they realise that something is wrong. Your doctor can help and support you, and may refer you on to the agencies described in this section. Everyone has to be registered with a doctor before they can receive services.

For further information about registering with a GP and other Health Services, please see Section 5.

**Community Drug and Alcohol Team (CDAT)**      **020 8549 9279**  
cdat@rbk.kingston.gov.uk

Based at Acre Road in Kingston, CDAT consists of specialists from Health and Community Care Services who work together to help and support people who misuse drugs and/or alcohol. CDAT also provide support and services for families and carers. The service is free and confidential. You can telephone to arrange an appointment.

If you and/or the person you care for agree that your situation is something that CDAT services might be able

to help you with, together you can discuss what help is needed and how that may be provided.

The team provide:

- assessment of an individual's needs;
- supportive counselling (including motivational work);
- access to prescribing services;
- detoxification at home;
- referral for in-patient detoxification;
- needle and syringe exchange;
- community care assessment and care management for people seeking residential rehabilitation;
- acupuncture;
- general health advice and support with getting other health services;
- practical help and support;
- harm minimisation advice;
- relapse prevention.

Your Community Drug and Alcohol Worker or GP will be able to tell you more about local or national groups or organisations offering specialist support and advice.

For information about some of the other services that are available (including any charges that may apply), see Community Care Services, Section 4 or visit **[www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)**

For more information about services provided by the mental health trust, visit **[www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk)**

## Local voluntary groups

There are many voluntary groups in the Royal Borough of Kingston providing information and support ranging from leaflets to meetings, drop-in services and help lines. You can find out more about local voluntary groups from libraries, listed in Section 21 or contact **Kingston Carers' Network on 020 8547 1614**

## Other help and support

**Counselling for carers**                      **020 8339 9899/  
07947 424579**

If you are a partner, relative or friend of someone who is experiencing alcohol or drug related problems, you may find that caring for them can be confusing, frustrating and sometimes lonely. Addiction Support and Care Agency (ASCA) offers a free counselling service for carers to enable them to best cope with someone who has an alcohol or drug problem. Before receiving counselling, the Carers' Drug and Alcohol Support Counsellor meets with carers to make sure this service is right for them.

**National Drug Helpline (Frank) 0800 776600**  
[www.talktofrank.com](http://www.talktofrank.com)

Offers advice, support and information to people who need help with drugs or alcohol and their carers, family and friends, including advice on local support groups.

**Al - Anon**    **020 7403 0888**  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

Offers advice, support and information to carers, family and friends affected by someone else's drinking.

**Families Anonymous****0845 1200 660**[www.famanon.org.uk](http://www.famanon.org.uk)

Provides families and friends of people who misuse drugs with advice and information including local support groups.

**National Association for Children of Alcoholics****0800 358 3456**[www.nacoa.org.uk](http://www.nacoa.org.uk)

Providing support, advice and counselling for children with a parent with an alcohol addiction.

**Support groups****'Moving On' Carers' Group****020 8339 9899****/07947 424579**

Every Wednesday 6–7.30pm in Surbiton

A counsellor from Addiction Support and Care Agency (ASCA) facilitates a support group for carers of people with an alcohol or drug problem.

The purpose of the group is to enable carers to meet other carers, share experiences and learn from each other.

The group is for carers only and focuses on:

- coping with living with someone with an alcohol or drug problem;
- setting boundaries and keeping to them;
- planning how to move forward

Before attending the support group, the Carers' Drug and Alcohol Support Counsellor meets with carers to make sure the service is right for them.

**Families Anonymous****0845 1200 660**[www.famanon.org.uk](http://www.famanon.org.uk)

There are support groups specifically for family and friends of people who misuse drugs. To find out where your local group is, call the helpline number above.

**Al - Anon****020 7403 0888**[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

There are support groups specifically for family and friends affected by someone else's drinking.

**Other organisations may have or be planning to arrange support groups. Please ask when using or enquiring about a service.**

**Help or advice in an emergency**

If you feel that you, a member of your family, a neighbour or friend has a drug or alcohol crisis and is behaving in a 'strange' way in your home or elsewhere which is putting themselves or others at risk and is in need of urgent help, please telephone:

**Police, Fire or Ambulance Service**    **999 or 112**

**Approved Social Worker (ASW)**    **020 8547 6008**

**Out of Hours Social Worker**    **020 8770 5000**

For medical information or advice  
contact your GP or **NHS Direct** on    **0845 4647**

For social or personal crisis contact  
**Community Drug & Alcohol Team**    **020 8549 9279**