

Section 9

Information for Carers of People who misuse Drugs & Alcohol

A wide range of different services are available locally. These services offer 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 one of the agencies described in this section. Everyone has to be registered with a doctor before they can receive a service.

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 a service 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.

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**

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.

Support groups

Addiction Support Care Agency (ASCA)

The group is run for people working towards controlling their drinking, people who have stopped and wanting support, and friends, relatives and carers of someone who has a problem with alcohol.

Contact with the counsellor should be made before attending the group. An initial one-to-one session is arranged before attending the group.

Two counsellors attend to help run the group.

Where: ASCA, 96 Ditton Road, Surbiton KT6 6RH

Charge: £5 per group (No charge for people in receipt of benefits or on a low income)

Contact: Alcohol Counsellors on 020 8339 9899

Families Anonymous

0845 1200 660

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.

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	999
Approved Social Worker (ASW)	020 8547 6008
Out of Hours Social Worker	020 8770 5000

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

For social or personal crisis please contact:
The Community Drug and Alcohol Team **020 8549 9279**

