

## Continued list of free drug and alcohol support services in London...

London borough:	Contact details:
Havering	<b>T:</b> 01708 747614; out-of-hours (freephone): 0808 1681116 <b>E:</b> Havering@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/havering
Hillingdon	<b>T:</b> 01895 207765/207777 <b>E:</b> arch.hillingdon@nhs.net <b>W:</b> archhillingdon.org/
Hounslow (ARC)	<b>T:</b> 01895 488675 <b>E:</b> cnw-tr.archounslow@nhs.net <b>W:</b> www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/arc-hounslow
Islington (Better Lives)	<b>T:</b> 020 3317 6099/6650 <b>E:</b> cim-tr.betterlives@nhs.net <b>W:</b> www.wdp.org.uk/find-us/london/islington
Kingston (Wellbeing Service)	<b>T:</b> 020 3317 7900 <b>E:</b> kingston.wellbeing@nhs.net <b>W:</b> www.wdp.org.uk/find-us/london/kingston-0
Lambeth (Lorraine Hewitt House)	<b>T:</b> 020 3228 1500 <b>E:</b> slm-tr.lambethdrugandalcoholteam@nhs.net <b>W:</b> www.lambeth-drug-alcohol.co.uk
Lewisham (New Direction)	<b>T:</b> 020 8314 5566 <b>E:</b> info.lewisham@cgl.org.uk <b>W:</b> www.changegrowlive.org/new-direction-drug-alcohol-recovery-lewisham
Merton	<b>T:</b> 0300 303 4610 <b>E:</b> info.merton@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/merton
Newham (Rise)	<b>T:</b> 0800 652 3879 <b>E:</b> newham.referrals@cgl.org.uk <b>W:</b> www.changegrowlive.org/rise-newham
Redbridge (R3)	<b>T:</b> 0300 303 4612 <b>E:</b> info.r3@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/redbridge
Richmond upon Thames (RCDAS)	<b>T:</b> 020 3228 3020 <b>E:</b> RCDAS.Referrals@Slam.nhs.uk <b>W:</b> www.rcdas.co.uk
Southwark	<b>T:</b> 020 3404 7699 <b>E:</b> CGL.Southwark@cgl.org.uk <b>W:</b> www.changegrowlive.org/drug-alcohol-service-southwark
Sutton (Inspire)	<b>T:</b> 020 8773 9393 <b>E:</b> info@inspirepartnership.org.uk <b>W:</b> www.cranstoun.org/services/substance-misuse/inspire-sutton
Tower Hamlets (Reset Recovery)	<b>T:</b> 0203 889 9510 <b>E:</b> reset.towerhamlets@cgl.org.uk <b>W:</b> www.changegrowlive.org/reset-recovery-support-service-tower-hamlets
Waltham Forest	<b>T:</b> 0203 826 9600 <b>E:</b> cgl.walthamforest@cgl.org.uk <b>W:</b> www.changegrowlive.org/drug-alcohol-service-waltham-forest/info
Wandsworth (WCDAS)	<b>T:</b> 0208 8124120/0203 2288080 <b>E:</b> WCDAS-Referrals@slam.nhs.uk <b>W:</b> www.wcdas.com

# Having problems with drinking or drugs?

## Information and support guide

Wherever you are housed or end up living when you leave your current accommodation, help is available for problematic drinking or drug use. Support is still available during the COVID-19 lockdown in a variety of formats. A list of service contact details for each London borough is given at the end of this leaflet.

## Homeless Hotels Drug and Alcohol Support Service (HDAS-London)

**i** To receive help from a drug and alcohol service in the area you are living:

- + You do not need a fixed address
- + You do not need identification or an NHS number
- + Your immigration status does not matter
- + You do not need to be registered with a General Practitioner (GP)
- + You do not need to pay any money

**i** If you are not ready to completely stop or reduce your drinking or drug use but want to **keep safe**, services can still help and offer you:

- + Safer drinking advice and information
- + Needle exchange for safe injecting and needle disposal
- + How to protect yourself against, and testing and treatment for blood borne viruses (e.g. Hepatitis B, Hepatitis B and HIV)
- + Naloxone (to reverse the effects of heroin overdose), including training in how to administer

**i** If you would like to talk through what support is available to **reduce or stop drinking or drug use**, you can call and speak confidentially to someone. They will not judge you. They will help you address the challenges you face and put in place the support that's right for you.

Treatment and support options include:

- + Medication assisted treatment for drug use
- + One-to-one and group sessions to talk through how you can make positive changes
- + Peer support from people who have been there and done that
- + Safe and supported detoxification in the community with medication to help you manage withdrawal symptoms
- + Pathways into residential treatment (detoxification in hospital and residential rehabilitation)

Staff will listen to what it is you need and work with any other services that are helping you, including housing services, GPs, and mental health services, to make sure your care is joined-up.

**i** If you are **already receiving treatment for drug or alcohol use**, arrangements will be made for that treatment to continue in the new area where you are housed, including transferring your prescription pickup arrangements. Services will work with you to make the transfer as smooth as possible and keep you informed of what is happening. If you are experiencing problems with the transition and are worried about relapsing or thinking about dropping out of treatment, talk to a support worker or call the local drug and alcohol service to talk about how you are feeling and ask for help.

Every London Borough and neighbouring county has a free drug and alcohol support service that is there to help you. Below is a list of **phone** and **email contact** details for each service in London and **websites** with online information and support for each area...

London borough:	Contact details:
Barking & Dagenham (St Luke's)	<b>T:</b> 020 85951375 <b>E:</b> stlukes@cgl.org.uk <b>W:</b> www.changegrowlive.org/st-lukes-barking-dagenham
Barnet	<b>T:</b> 0300 303 2866 <b>E:</b> barnet.info@cgl.org.uk <b>W:</b> www.changegrowlive.org/barnet
Bexley (Pier Road Project)	<b>T:</b> 01322 357940 <b>E:</b> slm-tr.PierRoadProject@nhs.net <b>W:</b> www.prpbexley.org.uk
Brent (New Beginnings)	<b>T:</b> 0300 3034611; 24/7 helpline 0800 1071754 <b>E:</b> info.brent@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/brent
Bromley	<b>T:</b> 020 8289 1999 <b>W:</b> www.changegrowlive.org/bromley-drug-alcohol-service
Camden	<b>T:</b> Drugs: 020 3317 6000 or 03330 150674; Alcohol: 03330 150673 <b>E:</b> cim-tr.scds@nhs.ne <b>W:</b> www.candi.nhs.uk/services/south-camden-drug-service; www.changegrowlive.org/community-drug-service-camden; www.changegrowlive.org/camden-alcohol-service-icas
City of London (Square Mile Health)	<b>T:</b> 0300 303 2715 <b>E:</b> city.enquiries@wdp.org.uk <b>W:</b> www.squaremilehealth.org.uk
Croydon (Recovery Network)	<b>T:</b> 0300 123 9288 <b>E:</b> CroydonRecoveryNetwork@turning-point.co.uk <b>W:</b> https://www.turning-point.co.uk/croydon
Ealing (RISE)	<b>T:</b> 020 8843 5900 (Southall); 0208 5674772 (West Ealing) <b>E:</b> EalingRISE@cgl.org.uk <b>W:</b> www.changegrowlive.org/rise-ealing/london
Enfield (Enable)	<b>T:</b> 0208 3796010 <b>E:</b> beh-tr.enable@nhs.net <b>W:</b> www.beh-mht.nhs.uk/services/enable-enfield-alcohol-and-drug-service.htm
Greenwich	<b>T:</b> 0300 3034552 <b>E:</b> greenwich@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/greenwich
Hackney	<b>T:</b> 0300 3032611; out-of-hours freephone: 0808 1688669 <b>E:</b> hackney@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/hackney-0
Tri-borough Drug & Alcohol Services (covering Kensington & Chelsea, Hammersmith & Fulham, Westminster)	<b>T:</b> Drugs: 020 8740 6815; Alcohol 0800 014 7440 <b>E:</b> daws@turning-point.co.uk; thealcoholservice.info@cgl.org.uk <b>W:</b> wellbeing.turning-point.co.uk/centrallondon; www.changegrowlive.org/the-alcohol-service-hammersmith-fulham-kensington-chelsea-westminster
Haringey	<b>T:</b> Drugs: 020 8365 9032/8702 6220; Alcohol: 020 8801 3999 <b>E:</b> Drugs: info@harp.org; Alcohol: hello@haga.co.uk <b>W:</b> https://blenheimcdp.org.uk/services/the-grove/; www.haga.co.uk
Harrow	<b>T:</b> 0300 3032868 <b>E:</b> harrow@wdp.org.uk <b>W:</b> www.wdp.org.uk/find-us/london/harrow-0

(List continues on the back of the leaflet)