



Alcohol and Drugs

ALCOHOL AND DRUGS

Addiction is a complex problem that not only affects the physical and mental health of the individual but also his/her family and friends.

It is normal to feel helpless, frustrated, worried and upset by someone's substance misuse. Drug and alcohol users can have very erratic behaviour, and it can be difficult to know how to act around them. Their substance use may cause them to act in very distressing ways. They may become aggressive, angry and violent, or distant and cold. They might experience feelings of depression, anxiety, guilt and shame. They may deny reality or think that their own concerns are more important than anything else.

Often family members (especially parents), ask themselves if it is something they have done which has caused the drug or alcohol abuse and feel guilty about the way they have acted in the past towards the user. It is important to remember, whatever you have done or said in the past, the person who uses is responsible for the choices he/she makes and his/her own behaviour, including drug or alcohol use. Only users themselves can make the choice to use drugs/alcohol, and only they can make the decision to stop.

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Every substance is different, so it can be helpful to know about the substance the user takes, for example how their behaviour may be affected by using it, the risks of using it and ways to reduce those risks.

Do not be afraid or too embarrassed to look for help. There are experienced professionals and voluntary organisations to explain the issues and provide support. A good starting point may be the person's GP.

If you suspect a person is abusing alcohol or drugs:

- Try to find a time when you are able to discuss the situation, when there will be no interruptions.
- Do not try to discuss the problem when the person is under the influence of alcohol or drugs.
- Try not to criticize, shout or be judgmental. Remember how hard it must be for the person and how bad s/he may feel because of his/her problems. Acknowledge that there is a problem, but that it is possible to get help.
- Try to find help that is appropriate for both you and your relative.
- Make it clear to them what is acceptable to you and what you will not tolerate. It is important to set boundaries and keep to them.

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People need to understand their addiction before they can recover from it. They need to take responsibility for their problem. Most addicts find it difficult even to admit they have a problem until they can see an alternative way out. The first stage of recovery is recognising what they are doing, the harm they are causing to themselves and those around them, and that there is a solution.

Caring for someone who doesn't want to change

Many carers find themselves looking after a person who either doesn't admit that they have a problem, or doesn't wish to change. This can lead to some difficult decisions and it is helpful if you do not have to make these decisions on your own and can discuss them with other people who have experience of your situation.

Dual Diagnosis

Sometimes, addiction is accompanied by a mental health disorder, and it is vital that the dependency be treated. An example could be someone who has schizophrenia that is made worse by smoking cannabis or a person who appears to have depression, but whose symptoms disappear once the dependency is tackled. Making an accurate diagnosis can be difficult because mental health

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problems may result in similar behaviour to when someone is intoxicated or withdrawing from dependent drug use.

SERVICES FOR BOTH DRUG AND ALCOHOL DEPENDENCY

ADS-Alcohol and Drug Services

Tel: **0161 831 2400**

Email: **info@ADSolutions.org.uk**

Website: **www.alcoholanddrugservices.org.uk**

The service offers advice and information for people with alcohol / drug problems on housing and benefits. It also provides an information and library service, programme of education and training and supported accommodation project.

Trafford Carers Centre

13 Warwick Road, Old Trafford, Manchester

M16 0QX

Tel: **0161 848 2400**

Fax: **0161 848 2408**

Email: **info@traffordcarerscentre.org.uk**

Website: **www.traffordcarerscentre.org.uk**

SERVICES FOR BOTH DRUG AND ALCOHOL DEPENDENCY

The helpline offers advice, information or a listening ear. We also have caseworkers who can meet with you in your home or elsewhere to chat about how having a family member with a drug or alcohol dependency affects your life. The Carers Centre also offers counselling, funding, reflexology and training courses for carers.

SERVICES FOR DRUG DEPENDENCY

Community Drugs Team

454 Chester Rd, Old Trafford

Tel: **0161 905 8570 786 8250**

Opening Hours:

Monday, Tuesday, Thursday 9.00am-4.45pm

Wednesday 1.00am-4.45pm

Friday 9.00am-4.30pm

This is a specialist community based drug treatment service that works with clients on a structured programme of care including specialist harm reduction, needle exchange, substitute prescribing and psychological intervention techniques and therapies.

SERVICES FOR DRUG DEPENDENCY

Phoenix Futures Trafford Structured Day Service

Tel: **0161 905 1013**

Email: **trafford.day@phoenixfutures.org.uk**

Website: **www.phoenix-futures.org.uk**

They run a 12 week structured treatment programme for drug users. The service offers men and women aged 18+ intensive community based support to deal with their drug misuse in a safe and structured environment while remaining in their own community. For mis-users of illicit or prescribed drugs.

Support and advice for parents and carers:

- 1 to 1 support
- Learn about substance use
- Talk and listen to your child
- Referral or information about other agencies
- Know how and where to get help if they or you need help

SERVICES FOR DRUG DEPENDENCY

Release

Helpline: **0845 4500 215** or **020 7749 2989**

Fax: **020 7749 2977**

Website: **www.release.org.uk**

Email: **ask@release.org.uk**

This is the national drugs legal helpline. The organisation provides a range of services dedicated to meeting the health, welfare and legal needs of drug users, and those who live and work with them.

Narcotics Anonymous

Tel: **020 7251 4007**

Helpline: **0300 999 1212**

Website: **www.ukna.org**

Email: **webservant@ukna.org**

NA runs a 24 hour helpline where NA members can learn from each other how to live drug free and recover from the effects of addiction in their lives. There is also a non-professional self-help group for anyone with a drug problem who wants to stop.

SERVICES FOR DRUG DEPENDENCY

Cocaine Anonymous

Tel: **0800 6120 225** (**800 6120 225** - from a mobile phone)
10.00am-10.00pm daily

Website: **www.cauk.org.uk**

Email: **helpline@cauk.org.uk**

Fellowship for cocaine/crack and other substance users.
Offer advice and information.

Adfam

Tel: **020 7553 7640**

Fax: **020 7253 7991**

Email: **admin@adfam.org.uk**

Website: **www.adfam.org.uk**

Provide direct support to families through publications, training, prison visitors' centres, outreach work and signposting to local support services. They also provide on request a video/DVD pack on how other people have coped with drug misuse in the family and a wide selection of leaflets.

Families Anonymous

Helpline: **0845 1200 660**

Monday to Friday 1.00pm-4.00pm/6.00-10.00pm

Weekends **2.00pm-10.00pm**

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Website: www.famanon.org.uk

The aim of this group is to help the family and friends of people with a drug problem by providing support and information.

Family Lives

Tel: **0808 800 2222**

Textphone: **0800 783 6783**

Website: www.familylives.org.uk

National charity offering a freephone helpline to parents. Courses, projects and information about substance abuse.

Lifeline Project

Tel: **0161 839 2054**

Lines open Monday to Friday, 9.00am-5.00pm

Website: www.lifeline.org.uk

Offer a helpline service, advice, information and support groups for families of substance users. One-to-one support is available by appointment.

Al Anon Family Groups

Trafford Community Alcohol Treatment Service is no longer available. It has been replaced by a service at Trafford General Hospital which focuses on either community or

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residential detoxification.

Referrals can only be made through your GP.

SERVICES FOR ALCOHOL DEPENDENCY

Institute of Alcohol Studies

Helpline: **020 7403 0888**

365 days of the year 10.00am-10.00pm

Enquiries: **enquiries@al-anonuk.org.uk**

These groups provide understanding and support to anyone whose life is or has been affected by someone else's drinking. They have several groups meeting in the Trafford area. Contact details can be obtained from their Helpline.

Alcoholics Anonymous

Tel: **01480 466 766**

Fax: **01480 497 583**

Email: **info@ias.org.uk**

Website: **www.ias.org.uk**

Provide information leaflets about alcohol use.

Factsheets on:

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- Alcohol and you
- Absorption
- Blood alcohol concentration
- Effects of alcohol on the nervous system

Drinkline

National Helpline: **0845 769 7555 / 0161 236 6569**

Website: **www.alcoholics-anonymous.org.uk**

11.00am-11.00pm.

This is an organisation of men and women who share their experiences with each other hoping to solve their problems and help others to recover from alcoholism. They hold regular meetings in the Trafford area.

Know Alcohol Trafford

Helpline: **0800 917 8282**

Monday to Friday, 9.00am-11.00pm

Drinkline offers the following services:

- Information and self-help materials
- Help to callers worried about their own drinking
- Support to the family and friends of people who are drinking
- Advice to callers on where to go for help

SERVICES FOR ALCOHOL DEPENDENCY

Books

- Caring for Someone with an Alcohol Problem (Carers Handbook), by Mike Ward
- Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening, by Robert J. Meyers & Brenda L. Wolfe

Trafford Carers Centre

13 Warwick Road, Old Trafford, Manchester M16 0QX

Tel: **0161 848 2400**

Fax: **0161 861 7337**

Email: **info@traffordcarerscentre.org.uk**

The Carers Centre offers a range of services to support carers of people with alcohol problems including:

- Caseworkers for one to one support and guidance
- Counselling sessions
- Reflexology and massage
- Time out budget to provide respite
- Training in areas such as stress management, first aid, moving and handling etc

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Alcoholics Anonymous

The following information leaflets can also be obtained from Trafford Carers Centre:

Alcohol, Drugs and Addiction has handy tips for carers and a list of questions to ask your GP. It can be obtained through the Centre or online at www.partnersincare.co.uk

Al-Anon leaflet

Target

Tel: **07501 441 072**

For anyone wanting support/guidance including people in recovery, with the desire to recover and concerned others. currently meet at Gorse Hill Methodist Church, Wesley Street, Stretford. Manchester M32 0GL every Friday 10am-2pm. Free lunch and bus fare re-reimbursed.

Products and services in this booklet are not endorsed or recommended by Trafford Carers Centre

Please advise us if you discover any inaccurate information in this booklet.

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Displayed and distributed both in print and digital format, our E-books are used by carers and health and social care professionals across the borough of Trafford. Advertising with us is a fantastic, low cost way of reaching out to your audience, while also supporting the Carers Centre and carers in Trafford.

Six monthly contracts are available across our information E-books, covering a range of topics. If you would like to advertise your business or organisation with us, or would like more information, contact us:

Fundraising Team:

0161 848 2402

E-mail: fundraising@traffordcarerscentre.org.uk

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Carers Helpline: **0161 848 2400**

Fax: **0161 848 2408**

E-mail: info@traffordcarerscentre.org.uk

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13 Warwick Road
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Manchester
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